

Some Throws Coaches Chatting On-line

I thought it appropriate to share this exchange between some coaches. It starts with Throws Coach Mark Edwards posting on the UK Throws Association Facebook page.

Mark Edwards - Is there a UK page where coaches are sharing drills and movement patterns to improve throws? We have some of the all-time great UK coaches here like John Hillier, Mike Winch, and Bob Weir along with some very good new coaches like Greg Beard, etc. Greg is doing some excellent work with his group and is very inventive with his ideas. It would be good to see for everyone's education some drills for all throws to help people move themselves forward. Obviously, my interests are mostly shot and discus. I also think keeping the 'glide' alive would be a good thing as all spinners need to understand how to deliver the ball correctly. This part of the throw gets lost with lots of spinners saying the standing throw has no relevance (I would argue differently). I was very fortunate to have been able to train with Art Venegas thanks to Shaun Pickering, in the era of John Godina and there was absolutely a standing throw delivery emphasis. Personally, I feel that some of the missing parts are the ones that connect movements together, especially in the rotation events.

So, to those great UK coaches, if it's not already going on please share your drills of breaking the movements down and connecting them together. Let's not let those "secrets" die. If this already happens please point me in the direction of the page.
Throw Far

Kelvin Giles - This is exactly the direction Coach Development should invest in. Whether running, jumping or throwing there is a journey required that builds a wide and deep movement vocabulary FROM WHICH the event-specific actions and postures (movement patterns) can grow. Bypassing this general vocabulary stage interferes with the learning of the later related and specific patterns demanded by the event. When we look at the required pillars for the journey to optimal competition standards it is clear that they are Technical, Tactical (Arena skills), Physical and Behavioural. When we dig a little deeper into the Physical pillar we often see reference to speed, power, strength, and stability as being the key elements. While these are appropriate and vital elements it must never be forgotten that movement efficiency, consistency and resilience are the foundations of them all. Time to start developing coaches who are excellent at being generalists at the movement layers. In 2021 UKA was offered all the courses, workshops and related resources on this that we started in Scotland in 2011. We also started the foundations of these courses with Tony Hadley and Clarence Callender with the Sprints mentoring strategy around the same time. Time to stop bolting this concept onto the current journey and create it as a foundational element.

Anna Patterson - I totally agree. I did my UK coaching course about 15 years ago level 1 and 2, in endurance, and was taught basic stuff but already knew the anatomy and physiology aspect as was a trained fitness instructor, however, no one passed on any

tips or info regarding drills, interval sessions, etc, so had to study and search myself on internet and books acquired myself. Many of my sessions are self-adapted and I was never mentored by anyone at all and found over the years that people seem reluctant to pass on their knowledge, like a closely guarded secret. I left my initial club for my present one but handed most of my sessions over to my assistant. Have found a total lack of support since other than a couple of day courses in all that time. I carry on purely as it's a part of my life providing support and training to many wonderful adults and younger athletes.

Kelvin Giles - And I bet that your self-adapted sessions and progressions are as good as any. They are born of a process of your learning as you adapt things to the results of the learning seen in the athletes as they attempt the movement puzzle you have set. This is great teaching.

This is a perfect example of where Coaching and Coach Development should be headed. The key is to create a strategy that contains the appropriate information and the most effective means of delivering this to the coaching population. If the decision-makers would simply visit the coal face they might finally realise what is needed by the coaches in the field. Instead, we continue to fobbed off with the current bureaucratic, certification-focused, income-stream-biased garbage they have created.

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