

PRACTICE PLANS

SEATED THROWING



HIGH SCHOOL ADAPTIVE SPORTS
PRESENTED BY KENNETH WHALEN FAMILY FOUNDATION

► **WARM-UP EXERCISES** (follow same warm-up for each workout)

WARM-UP

- 30 Seconds (per arm) arm cross stretch
- 30 Seconds (per arm) forearm stretch
- 30 Seconds pectoral stretch
- 10 Arm circles forward (both arms)
- 30 Seconds (per arm) behind head tricep stretch
- 10 Arm circles backwards (both arms)

WEEK	PRACTICE ONE	PRACTICE TWO	PRACTICE THREE	CHALLENGE
WEEK ONE	<p>► DRILLS</p> <ul style="list-style-type: none"> - 5 Easy throws with shot put (focusing on elbow extension, angle release, shotput position) <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Med ball shoulder press - 3X8 Banded external rotation (8 per side) - 3X8 Field goals - 3X8 Banded seated trunk rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 20 Sideways high-fives with twist - 10 Positions (just twist, no throw) - 10 Finger flicks - 5 Regular throws with shot put <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Band pull apart - 3X8 Overhead band pull apart - 3X8 Single arm banded lat pulls (8 per side) - 3X8 Banded tricep extension 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 5 Easy throws (warm-up throw) - 10 Regular throws with shot put - OPTIONAL: Add 5-7 more throws <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Med ball bench press - 3X8 Med ball chest pushes - 3X8 Med ball seated trunk rotations (8 per side) 	<p>► CHALLENGE Paper airplane challenge - record yourself making a paper airplane and see how far you can throw it!</p>
WEEK TWO	<p>► DRILLS</p> <ul style="list-style-type: none"> - 5 Easy throws with shot put (focusing on elbow extension, angle release, shotput position) <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Med ball shoulder press - 3X8 Banded external rotation (8 per side) - 3X8 Field goals - 3X8 Banded seated trunk rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 20 Sideways high-fives with twist - 10 Positions (just twist, no throw) - 10 Finger flicks - 5 Regular throws with shot put <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Band pull apart - 3X8 Overhead band pull apart - 3X8 Single arm banded lat pulls (8 per side) - 3X8 Banded tricep extension 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 5 Easy throws (warm-up throw) - 10 Regular throws with shot put (focus on leading with the chest + max height) - OPTIONAL: Add 5-7 more throws <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Med ball bench press - 3X8 Med ball chest pushes - 3X8 Med ball seated trunk rotations (8 per side) 	<p>► CHALLENGE Baseline testing: - Record the distance of your best throw (take as many tries as you would like)</p>
WEEK THREE	<p>► DRILLS</p> <ul style="list-style-type: none"> - 5 Easy throws with shot put (focusing on elbow extension, angle release, shotput position) <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Med ball shoulder press - 3X8 Banded external rotation (8 per side) - 3X8 Field goals - 3X8 Banded seated trunk rotations (8 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 20 Sideways high-fives with twist - 10 Positions (just twist, no throw) - 10 Finger flicks - 5 Regular throws with shot put <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Band pull apart - 3X8 Overhead band pull apart - 3X8 Single arm banded lat pulls (8 per side) - 3X8 Banded tricep extension 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 5 Easy throws (warm-up throw) - 10 Regular shot put throws (focus on release angle + lead/follow through with the chest) - OPTIONAL: Add 5-7 more throws <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X8 Med ball bench press - 3X8 Med ball chest pushes - 3X8 Med ball seated trunk rotations (8 per side) 	<p>► CHALLENGE Record yourself doing the band workout with a family member (strength & conditioning on day two)</p>
WEEK FOUR	<p>► DRILLS</p> <ul style="list-style-type: none"> - 8 Easy throws with shot put (focusing on elbow extension, angle release, shotput position) <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Med ball shoulder press - 3X10 Banded external rotation (10 per side) - 3X10 Field goals - 3X10 Banded seated trunk rotations (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 20 Sideways high-fives with twist - 12 Positions (just twist, no throw) - 15 Finger flicks - 7 Regular throws with shot put <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Band pull apart - 3X10 Overhead band pull apart - 3X10 Single arm banded lat pulls (10 per side) - 3X10 Banded tricep extension 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 5 Easy throws (warm-up throw) - 12 Full shot put throws (focus on finger flick) - OPTIONAL: Add 5-7 more throws <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Med ball bench press - 3X10 Med ball chest pushes - 3X10 Med ball seated trunk rotations (10 per side) 	<p>► CHALLENGE Find and throw a durable household object for distance (get creative with the object!)</p>
WEEK FIVE	<p>► DRILLS</p> <ul style="list-style-type: none"> - 8 Easy throws with shot put (focusing on elbow extension, angle release, shotput position) <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Med ball shoulder press - 3X10 Banded external rotation (10 per side) - 3X10 Field goals - 3X10 Banded seated trunk rotations (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 20 Sideways high-fives with twist - 12 Positions (just twist, no throw) - 15 Finger flicks - 7 Regular throws with shot put <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Band pull apart - 3X10 Overhead band pull apart - 3X10 Single arm banded lat pulls (10 per side) - 3X10 Banded tricep extension 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 5 Easy throws (warm-up throw) - 3 Full throws with shot put (focus on max height) - 3 Full throws with shot put (focus on release angle) - 6 Full throws with shot put (focus on finger flicks) - 6 Full throws with shot put (as far as you can throw, focusing on all aspects of throw) - OPTIONAL: Add 4-6 more throws <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Med ball bench press - 3X10 Med ball chest pushes - 3X10 Med ball seated trunk rotations (10 per side) 	<p>► CHALLENGE Record your best "personal record" dance after completing a throw!</p>
WEEK SIX	<p>► DRILLS</p> <ul style="list-style-type: none"> - 8 Easy throws with shot put (focusing on elbow extension, angle release, shotput position) <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Med ball shoulder press - 3X10 Banded external rotation (10 per side) - 3X10 Field goals - 3X10 Banded seated trunk rotations (10 per side) 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 20 Sideways high-fives with twist - 12 Positions (just twist, no throw) - 15 Finger flicks - 7 Regular throws with shot put <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Band pull apart - 3X10 Overhead band pull apart - 3X10 Single arm banded lat pulls (10 per side) - 3X10 Banded tricep extension 	<p>► DRILLS</p> <ul style="list-style-type: none"> - 3 Easy throws with shot put (warm-up throw) - 3 Full throws with shot put (focus on max height) - 3 Full throws with shot put (focus on release angle) - 3 Full throws with shot put (focus on finger flicks) - 10 Full throws with shot put (as far as you can throw, focusing on all aspects of throw) - OPTIONAL: Add 4-6 more throws <p>► STRENGTH & CONDITIONING Complete all sets + reps of each movement before moving on to the next movement - rest as needed between sets</p> <ul style="list-style-type: none"> - 3X10 Med ball bench press - 3X10 Med ball chest pushes - 3X10 Med ball seated trunk rotations (10 per side) 	<p>► CHALLENGE Retest baseline testing: - Record the distance of your best throw (Take as many tries as you would like)</p>