

# STRENGTH FOR THROWS



Zac Ball  
Northwood University

# BACKGROUND

- Ashland University
  - 2010-2015
  - Trained under 4x Olympian Jud Logan
  - Training partners with head strength coach and 3x Olympian AG Kruger
  - Degree in Exercise Science with emphasis on strength and conditioning
- Northwood University
  - 3<sup>rd</sup> year
  - 9 males over 500lb back squats
  - 4 females over 300lb back squats
  - 12 NCAA Provisional marks

# POINTS OF EMPHASIS

- Weight room can make or break
- Technique before weights
- Recovery
- Staple Programs

# MAKE OR BREAK

- Number one priority is in the ring
  - Weight room can destroy throws
  - Strong is good when technique is great
- Make sure the athletes trust what your dishing out
  - “A bad coach believed in is better than a good coach who’s not. A good coach believed in becomes a great coach by default”
- Simpler the better
  - Don’t get fancy
  - Don’t jerk the wheel
  - Don’t fix something that’s not broken

# MAKE OR BREAK

- Know your athletes
  - Know what makes them tick
  - Know what movements makes them feel best
- DOCUMENT EVERYTHING!
  - Have every athlete keep a training journal
  - Has throws volume, lifts, nutrition, etc
  - Use it to look back on if in a funk

# TECHNIQUE

- Teach
  - Take the time early on to teach proper technique
  - Huge to eliminate injuries
- Let the athletes understand that weight will come
  - Most want to see the eye appeal now to “show off”
- Do what you know
  - Don't teach something youre not comfortable with
  - If you don't know the snatch then don't have your athletes do it
- Risk-Reward
  - Whats worth the risks of the higher level exercises

# TECHNIQUE

- If all else fails do some research
  - YouTube
  - Books
  - Email collegiate coaches
    - Most strength coaches are happy to help
- Live off of this quote

*"There is Beauty in Simplicity"*

# RECOVERY

- The biggest thing I've changed since starting coaching
- In my opinion this is most important part of training
  - Ability to train hard more often
  - Keep athletes feeling better
  - Always ready to throw far
- So many different types of recovery
  - Be careful to not throw too much at your athletes
  - Find your own formula and see what works



# RECOVERY

- What works best for “Me”
  - Foam Rollers
    - 15 mins after every lift
  - Bands
    - Use to hang after workouts (Donnie Thompson protocol)
  - Warm Up/Cool Down Stretching
    - Dynamic warm up and static cool down
  - Supple Leopard
    - Kelly Starrett
      - The mobility WOD
  - RPR
    - Reflexive Performance Reset

# STAPLE PROGRAMS

- Wave Load

- Ex:

- 5-4-3-5-4-3 (60,70,80,65,75,85)

- 5-4-3-4-2-1 (65,75,85,80,90,95)

- 4-2-1-3-2-1 (80,90,95,90,97.5,100)

- Advanced Back Squat

- Best program ive had for success with prs

- Ex:

- 8x1,5x5- 4 week program

- (Where you finish each week is where you start next week, 5x5 always done at 80% of heaviest of day)

# STAPLE PROGRAMS

- Super sets
  - Combine movements with their opposite counterpart
  - Ex:
    - A1. Back Squat
      - 6x4 Starting @ 65% and build
    - A2. Box Jumps
      - 6x2 build as the squat builds

# CONFESSIONS OF A YOUNG THROWS COACH

- Biggest things I've learned
  - Keep week 1 percentages under 70%
    - Helps athletes adjust to new training cycle to reduce overtraining
  - Make yourself goals for each program
    - States? Conference?
  - Trust your gut
    - 9 times out of 10 its right
  - Know your athletes
    - What makes them tick
  - Keep evolving and learning
    - There is more information out there than anyone knows what to do with it
  - Don't look in past
    - Base training on what's going on now

# IN CONCLUSION

- Take everything you've ever learned and make it your own
- Pave a road of success that the athletes want to drive on
- Create a contagious atmosphere
  - Starts with competitive practices and up tempo scenarios
- Training Journals are SUPER IMPORTANT
  - If you don't write it down did it really happen?
- If you don't trust it neither will they
  - Whether what I do is right or wrong I 100% believe in it
- HAVE SOME FUN

# QUESTIONS

????????????????

[ballz@northwood.edu](mailto:ballz@northwood.edu)

Twitter and Insta: @NorthwoodTrack

Insta: @zballthrows