

# Spring Break Practice Schedule 2020

The following practice schedule is designed as if you have a place to lift. If not, substitute the lifts with body weight and increase the reps. For example, do push ups instead of bench. Body weight squats instead of weighted squats. Get creative and use stuff around the house to add weight. For example, if you have any five - gallon buckets, fill them with water and do various exercises. Just carrying heavy weight from one place to another is a good workout. Any type resistance is good, just focus on the muscles that are isolated by the listed exercise.

*Remember: Plan for the best, meaning our season will happen. Be ahead of those who are not preparing for the best. The throwers who are successful this season are those that persevere, positive and prepared. **Now is the chance to move up on those that are ahead of you in the rankings!!!***

**Lifting (three days a week – one day rest between). Use the weights you have been doing and a weight that is challenging on each set. Once you get all of the reps prescribed, move up weight.**

Flat Bench – 3 sets – 8 reps, 6 reps, 4 reps

Front Squats – 4 set of 5 reps

Cleans (power or hang) – 5 sets of 3 reps

Hang Snatch – 2 sets of 6 reps

*If you don't have access to do the cleans and snatches, do machine lifts: Bi's, Tri's, Lat pulldowns, Military press. 3 sets of 10 reps.*

**Plyometrics** – any type of power jumps: box jumps, two legged broad jumps, two legged jumps for heights. 3 set of 10 reps.

## **Tech Days (2 days a week)**

**Footwork:** Any type of footwork is good. Jump rope. Go to a sidewalk and do the line drills by using small steps (forward, backward, sideways) over the cement lines, just touching on each side of the line with the ball of the foot. Create your own footwork ladder on the driveway by using sidewalk chalk. Do this for about 15-20 minutes.

**Throwing:** Breakdown the progression and drill each part. Again, use sidewalk chalk to draw a ring on your driveway or find rings available at a school. When drawing a ring, measure the radius of each circle from the chosen center. Shot radius is 3'6" and Discus radius is 4'. Break down each part and drill at least 3 sets of 10, if not more!

**Glide progression:** Shot up, down, tap, coil, fall, shoot. Power progression: Squash the bug, open, block, punch, switch.

**Spin progression:** Wind up, sit,  $\frac{1}{4}$  turn, South African,  $\frac{1}{2}$  turn, squish the bug, open, whip.

**Throwing:** If you have access to shots and discuses, and an area, do the following.

### **Shot put**

**Powers:** 30 throws each, break down any way you want by sets and reps.

**Stop action:** 10 throws

**Fulls:** 30 throws, 20 at 75% and 10 at 100%.

### **Discus**

**Powers:** 30 throws, break down any way you want by sets and reps.

**Turn and throws:** 20 throws

**South African throws:** 10 throws

**Stop action fulls:** 10 throws

**Full throws:** 20-30 throws