Developing Walk-Ons

Alissa Rausch

University of Sioux Falls

Overview

- Body Awareness Based Training
- Coaching the Athlete
- Mental Training

Body Awareness Training

- Training athletes to control and understand themselves to become successful in sport
- Highlighting commonalities throughout all training
- Coaching to the feeling of positions and technique of the event

Where to Start

Dynamic Warm-Up

- Explain what muscle is being used for the movement
- Relate back to throwing technique
- Hips and shoulders level/square to the ground
- Single leg movements
- Injury prevention

Conditioning Elements

- Overhand and underhand shot put throws
- Standing and multi jumps
- Medicine ball throws
- Skips and sprints
- HIIT
- Hurdle mobility
- Fun group activities

Feeling Drills

- Break down of the throwing technique
  - How the left and ride side of your body work together
  - Creating tension and separation

- Helps athletes understand how their body works together from start to finish

- Develops muscle memory and the feeling of the throw

Walk-Around





Set Up Drills





Loaded Left





Loaded Left





Half Turn
Left Push/Pull Open





Half Turn
Left Push/Pull Open

Discus compared to Shot Put:

- Left heel pushes lower
- Left block arm stays longer

Right Load
Left Pull Around



Pathway Stretch





Tension Standing Throw



Half Standing Throw





Block and the Reverse





Things to Look For

- In the wind up:
  - Level hips and knees apart
- Going into the middle:
  - Body weight on the inside left of foot
  - Shoulders level
  - Right toe up at 180 and left arm doesn't move past 270
- The middle:
  - Bodyweight on the inside right of foot
  - Left shoulder back (Shot: closed, Discus: long)
  - Left foot lands open
- The finish:
  - Hips lead (right knee down)
  - Long left arm into the block
  - Left shoulder and hip block together

Walk-Around





Hammer Walk-Around



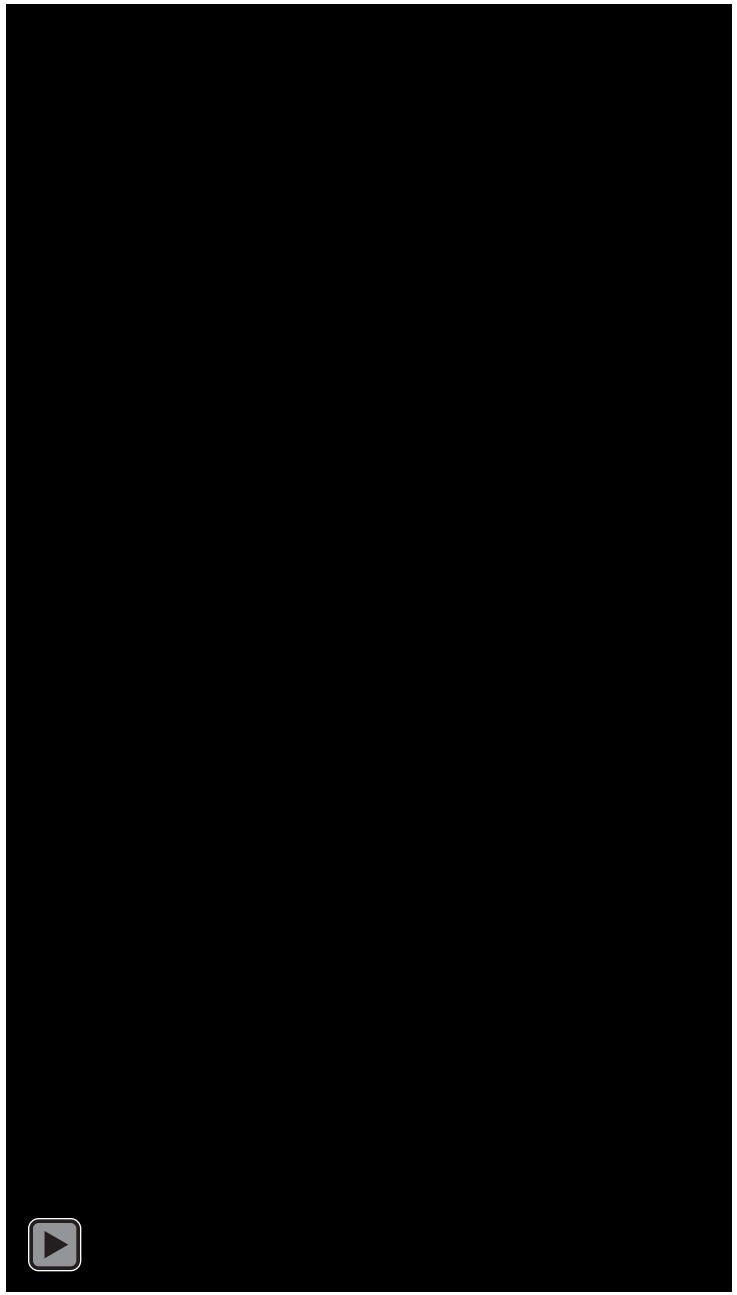
Right Connection

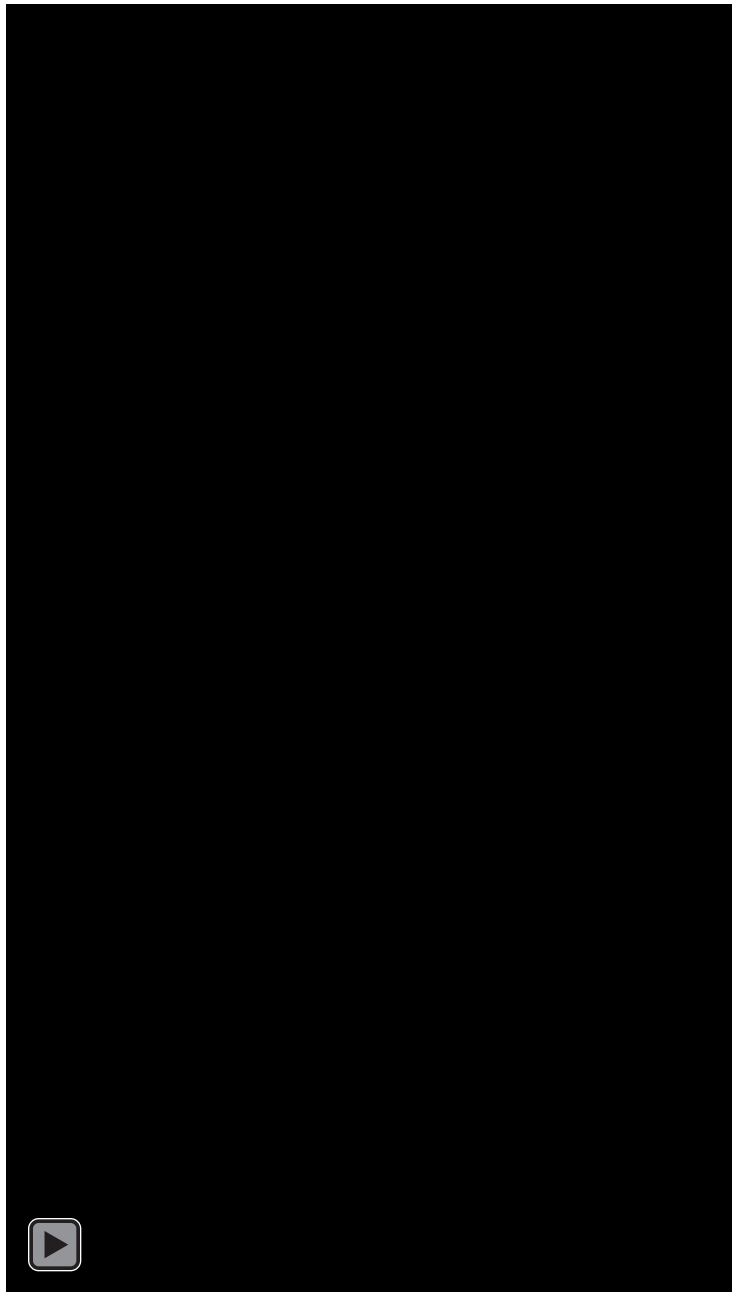


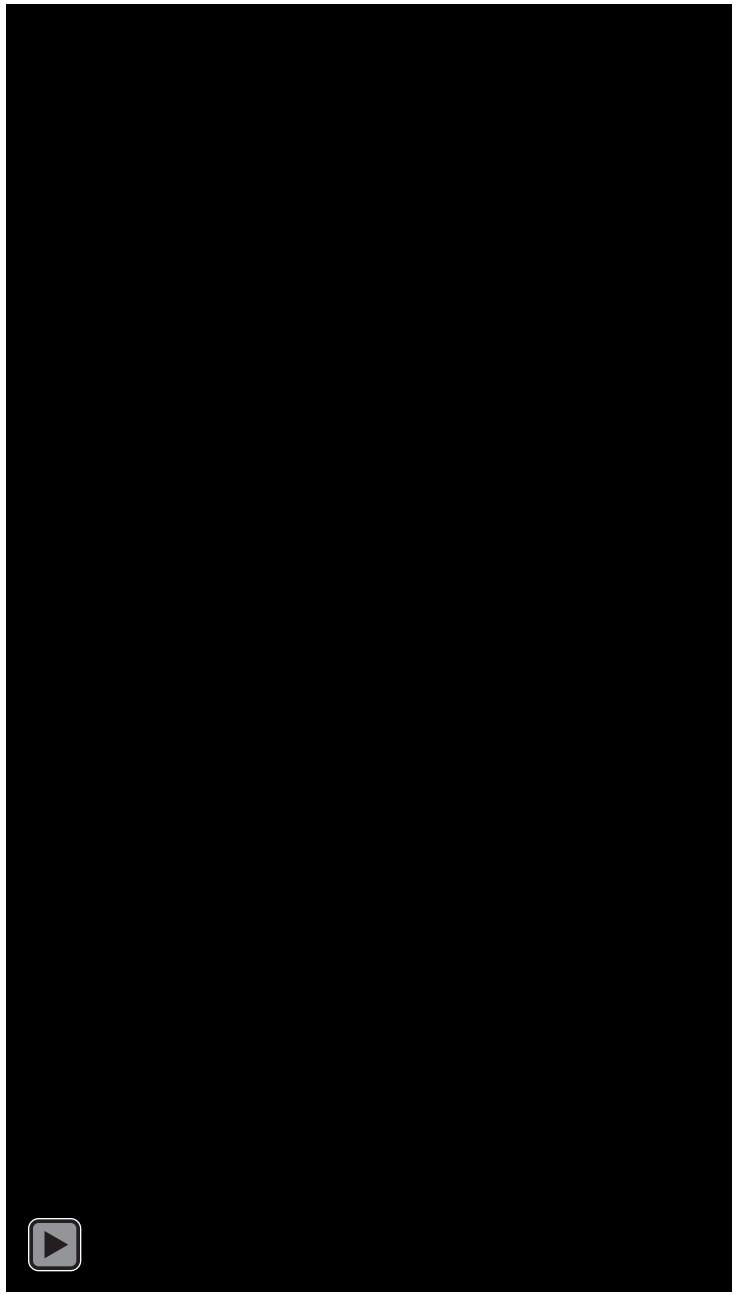


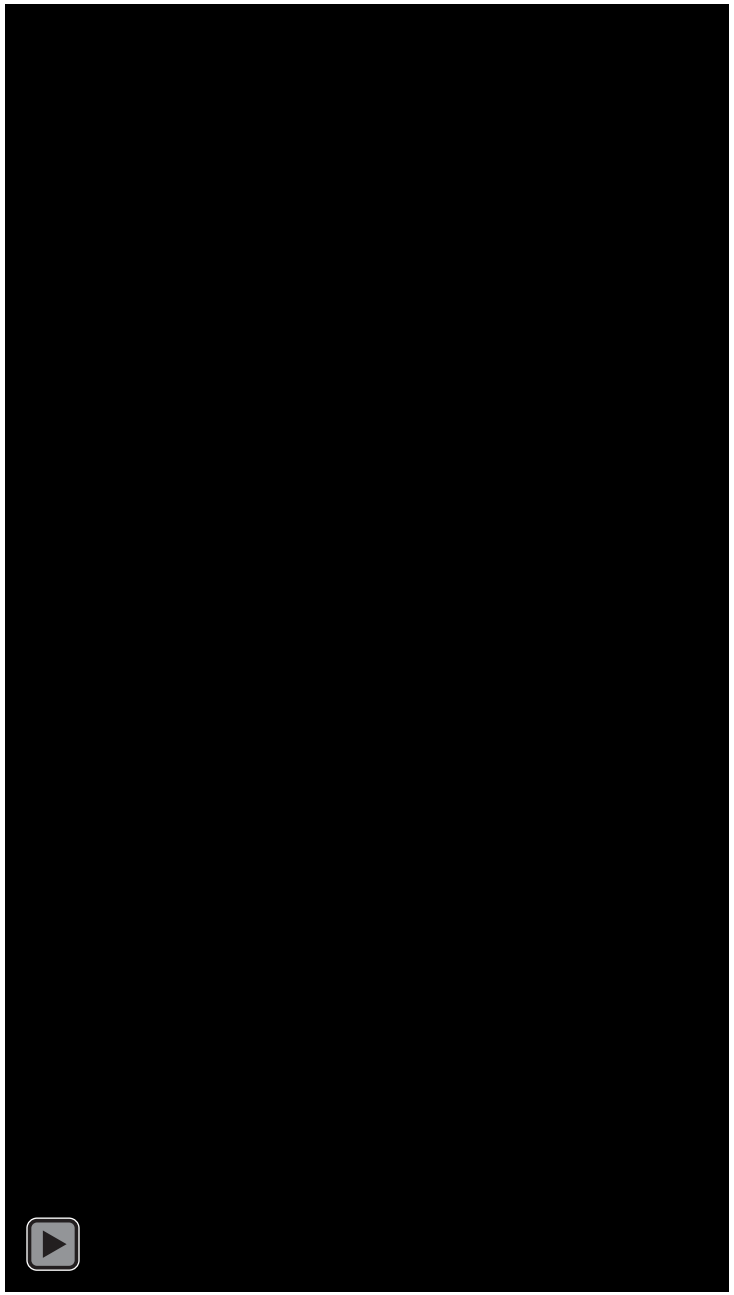
HIIT High Intensity Interval Training

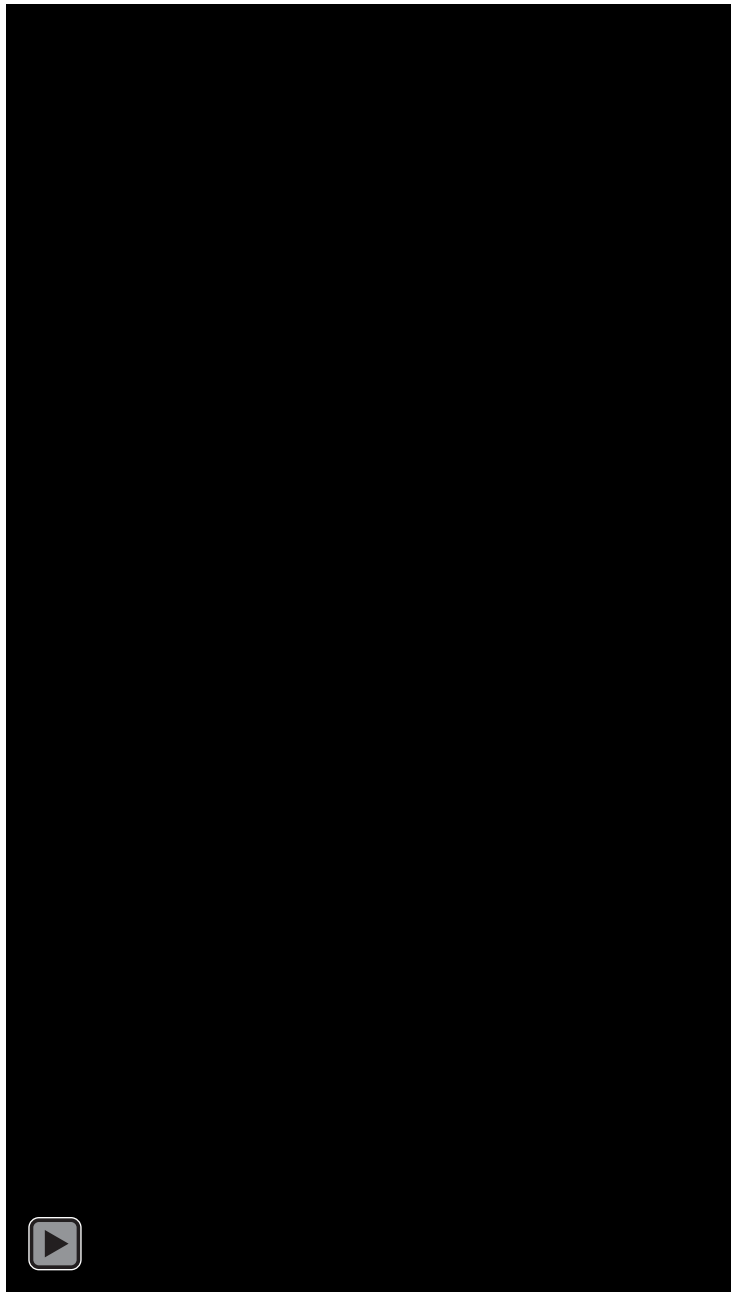
- Teaches overall body awareness
  - Complex movements
- Covers all muscle groups
- Helps athletes learn how to separate their hips and shoulders
- Injury prevention
  - Modifications for low impact and high impact
  - Mobility build into the movements
- Relates back to throwing technique

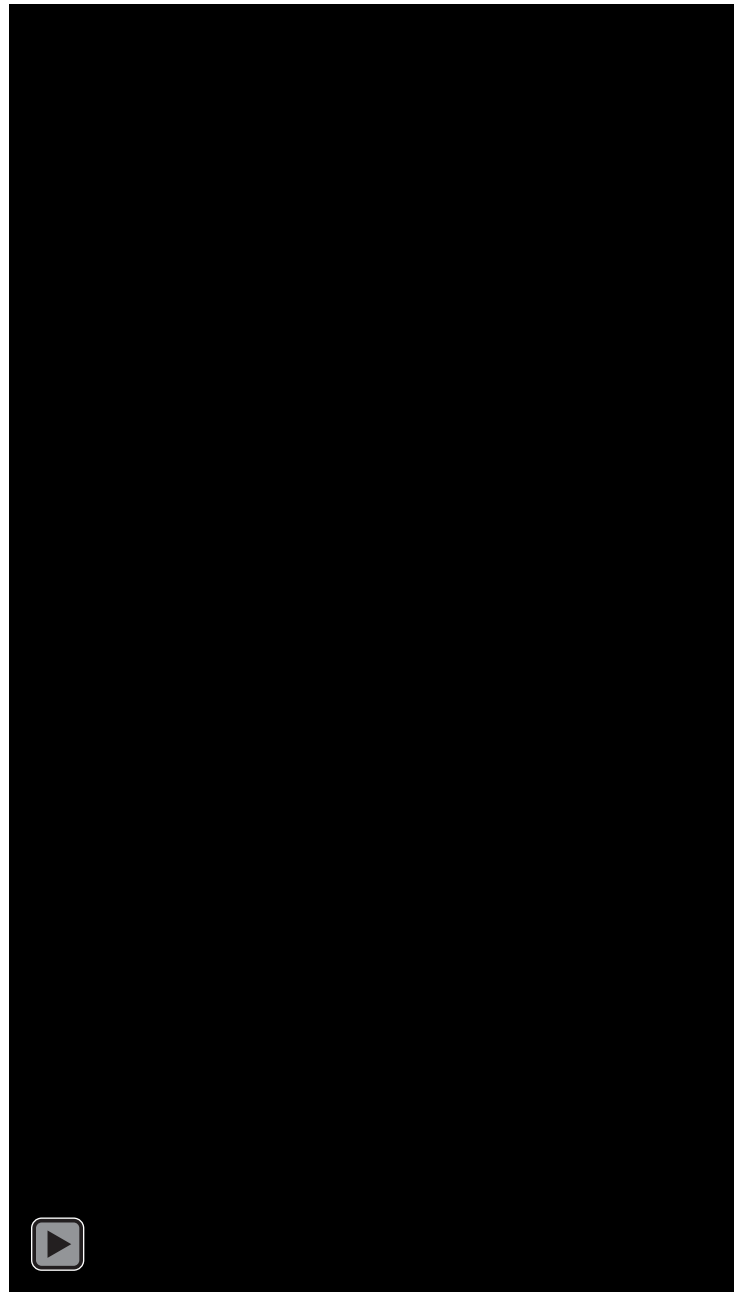


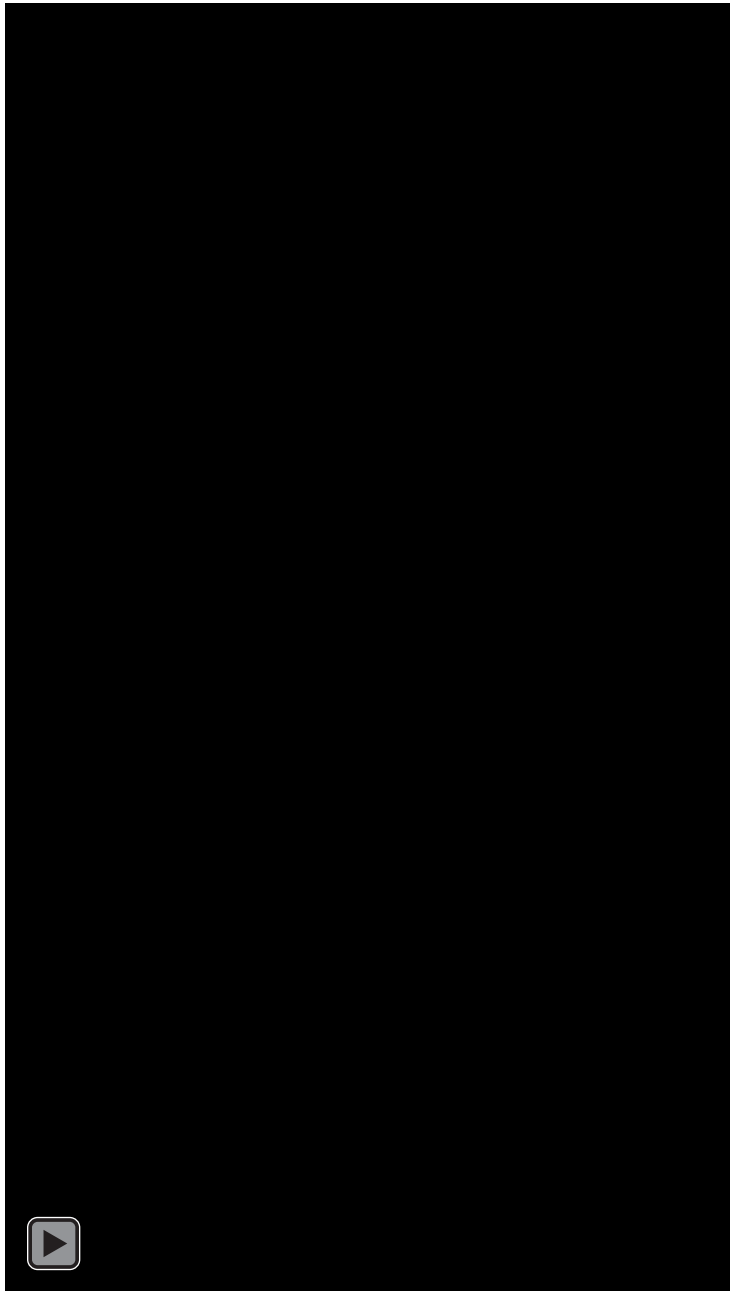


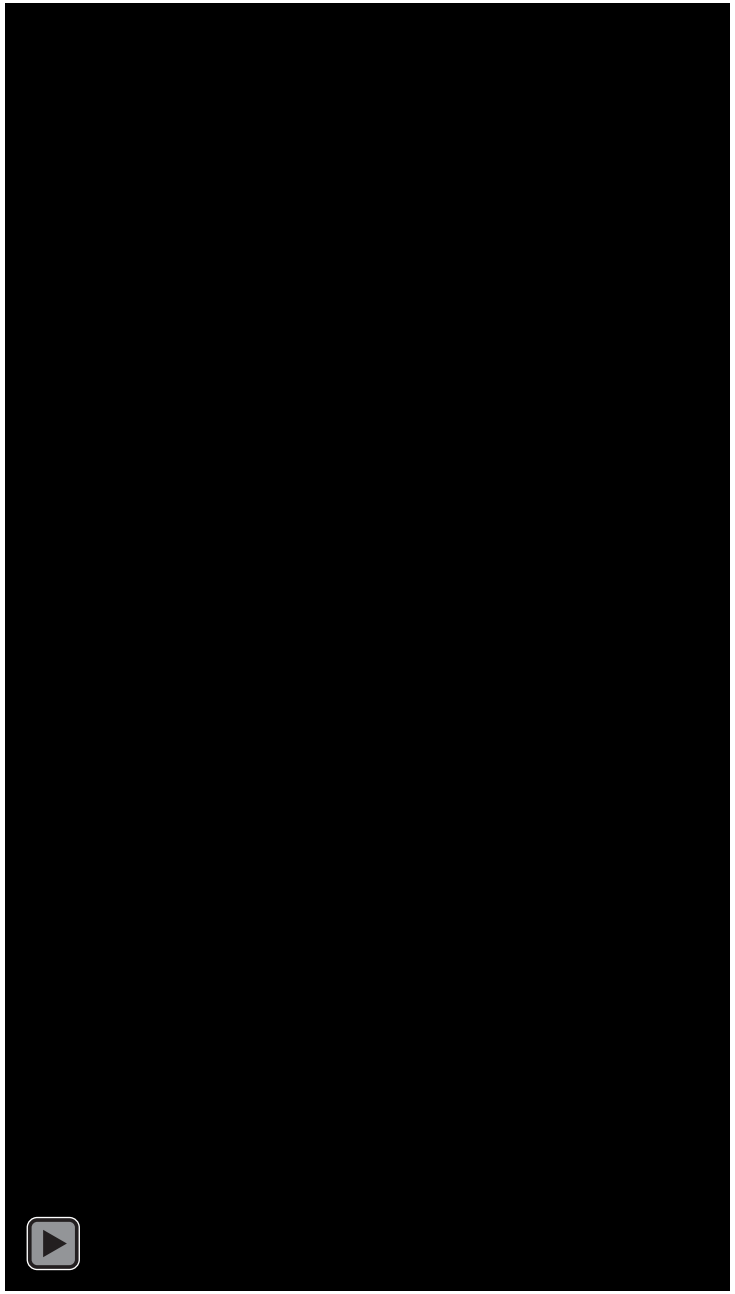


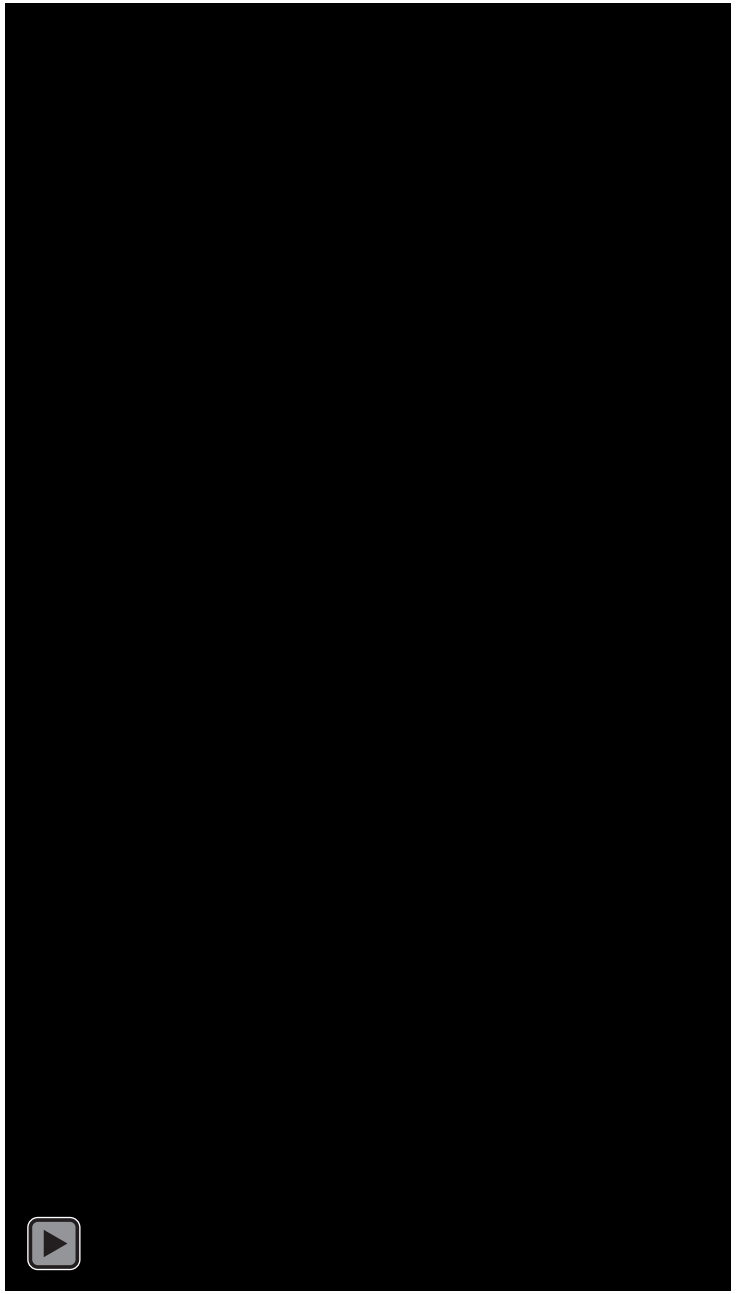


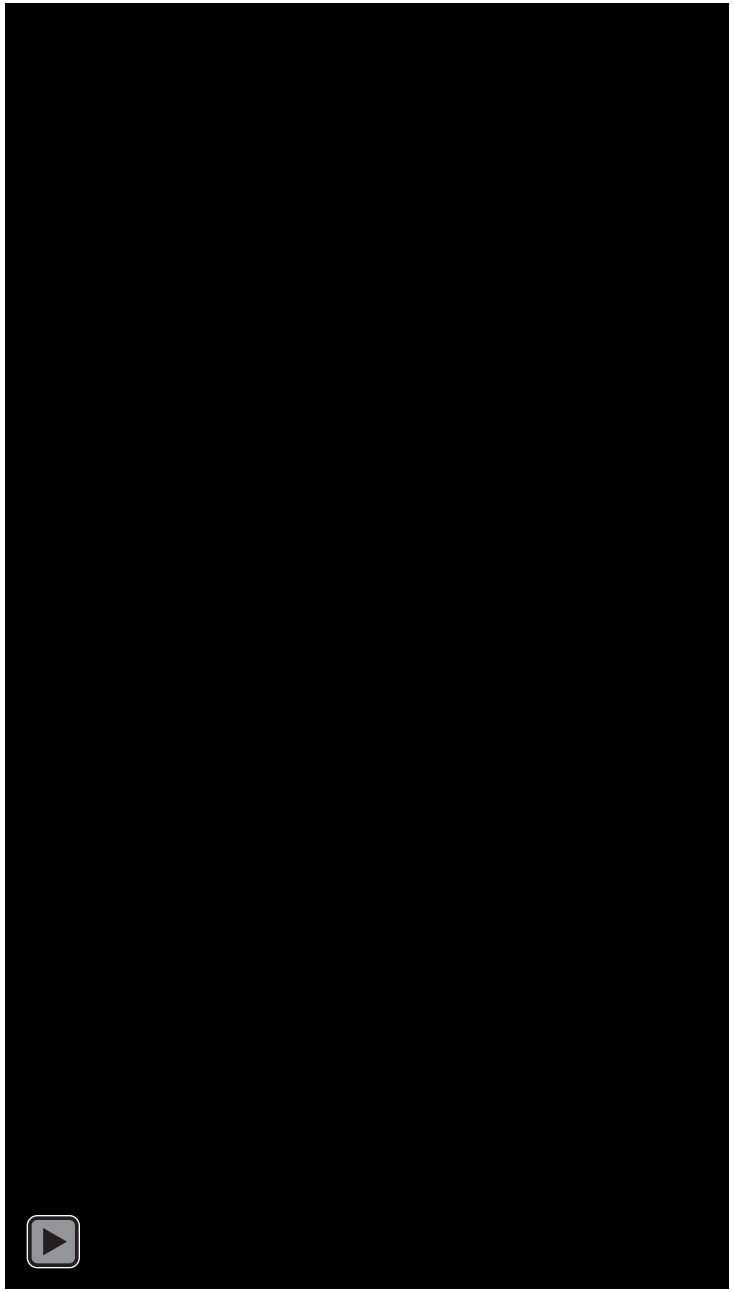


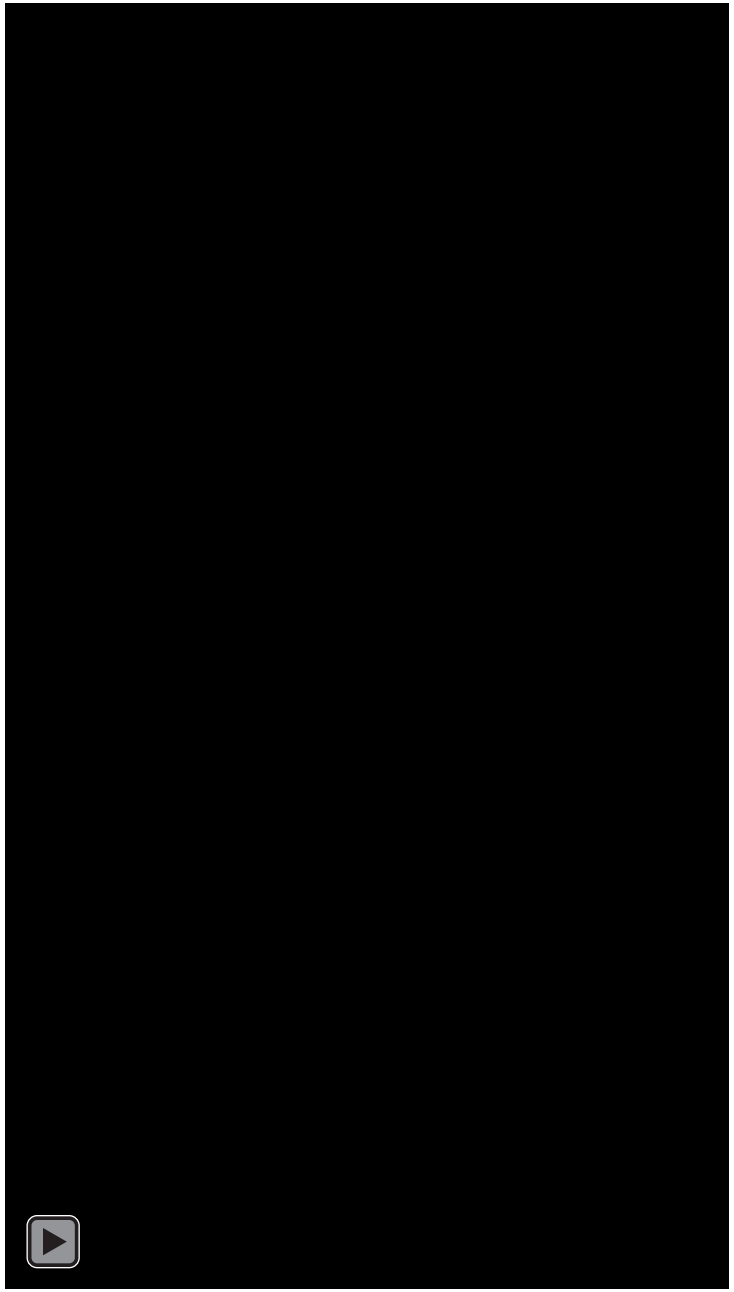


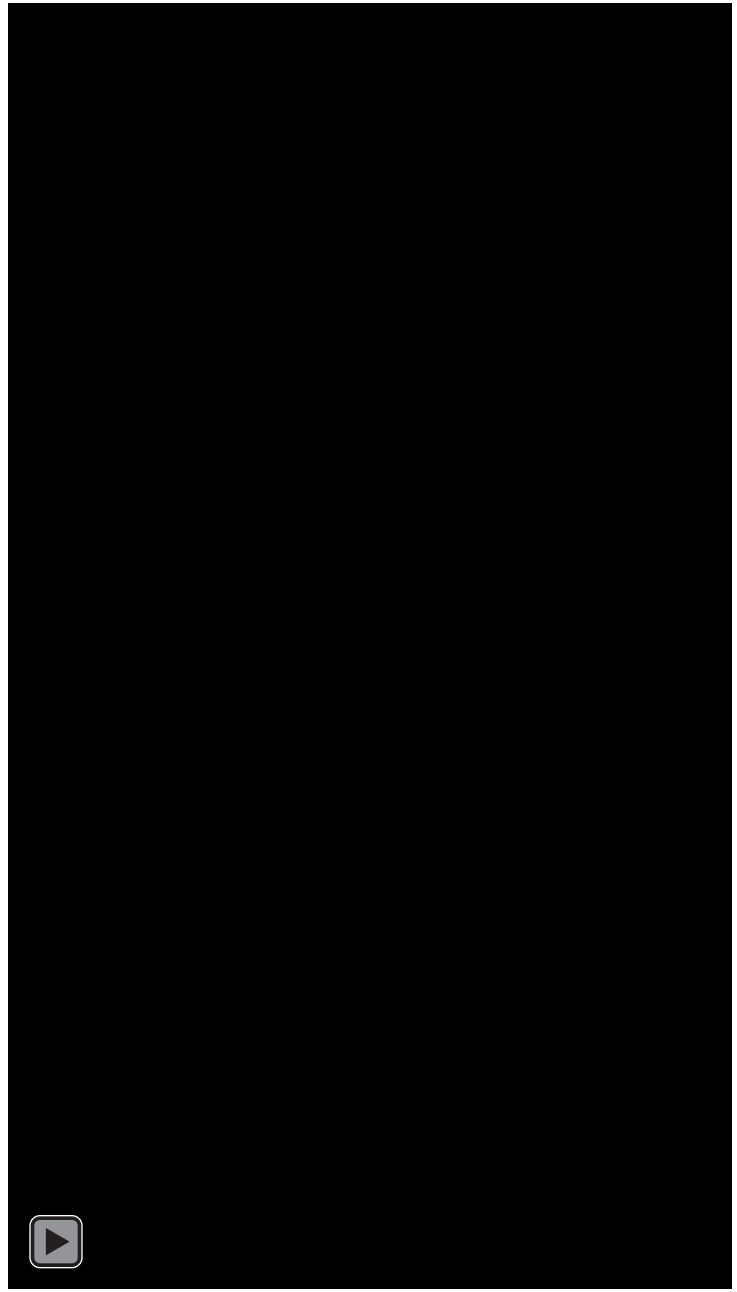










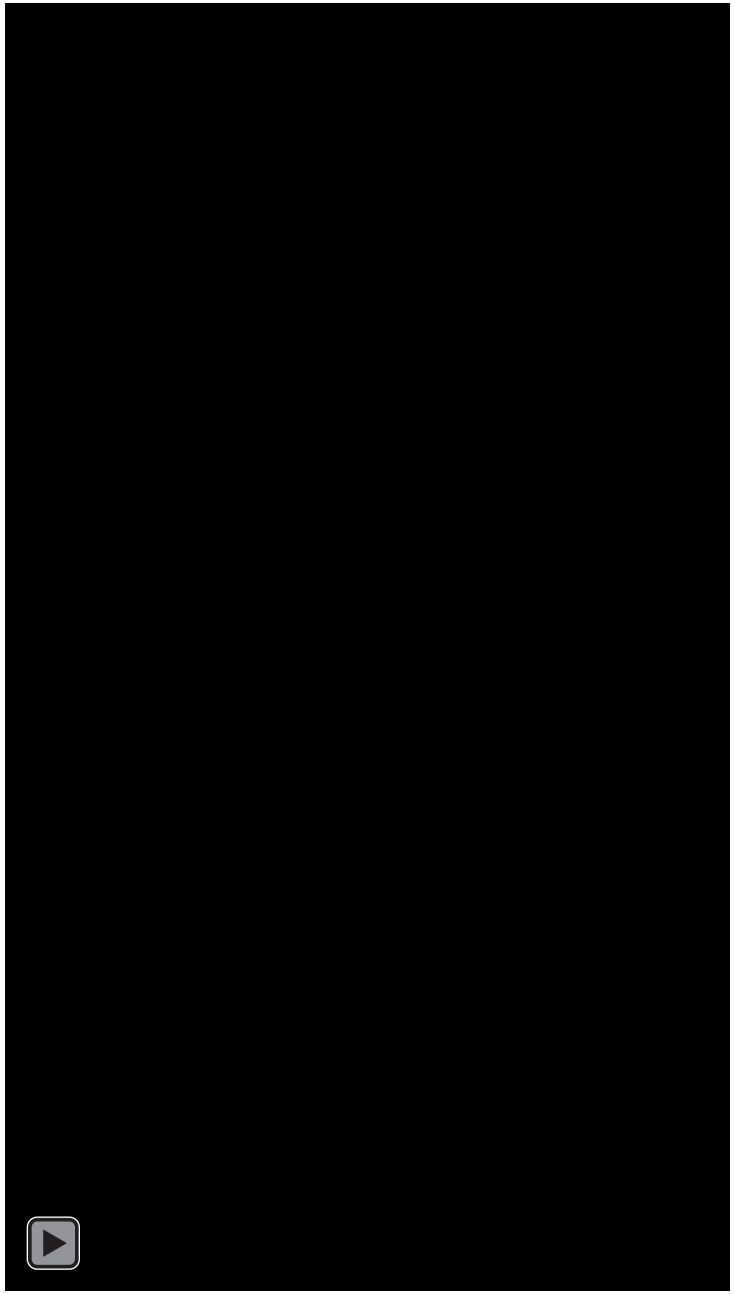


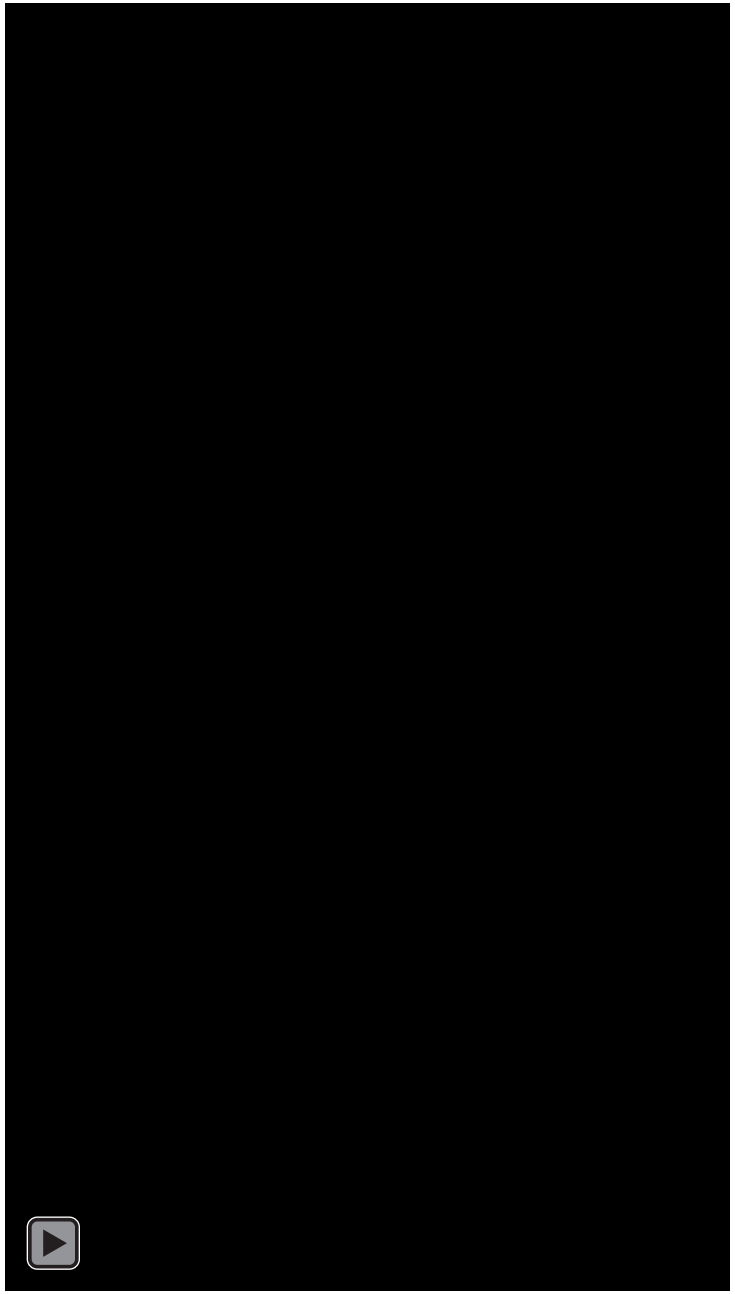
Mobility

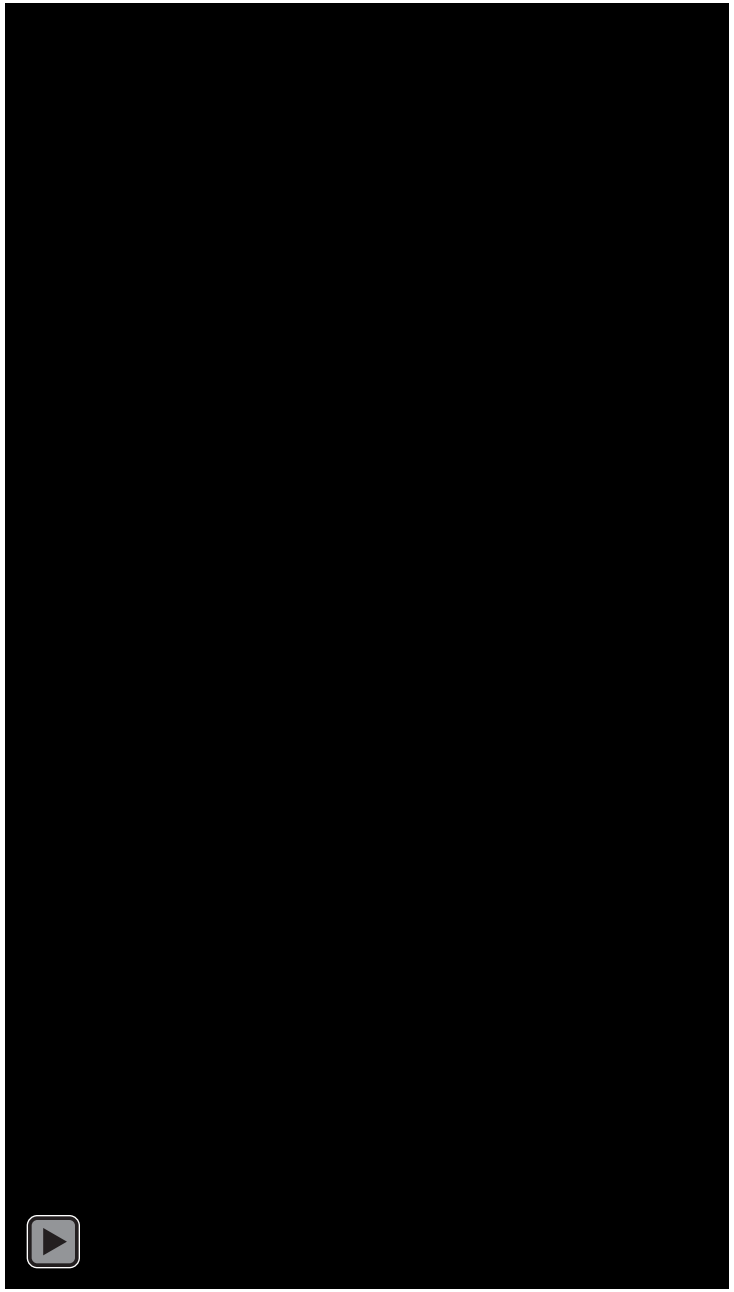
- Muscle recovery
- Essential for injury prevention
- Utilize bands and other lifting equipment
- Influence from yoga

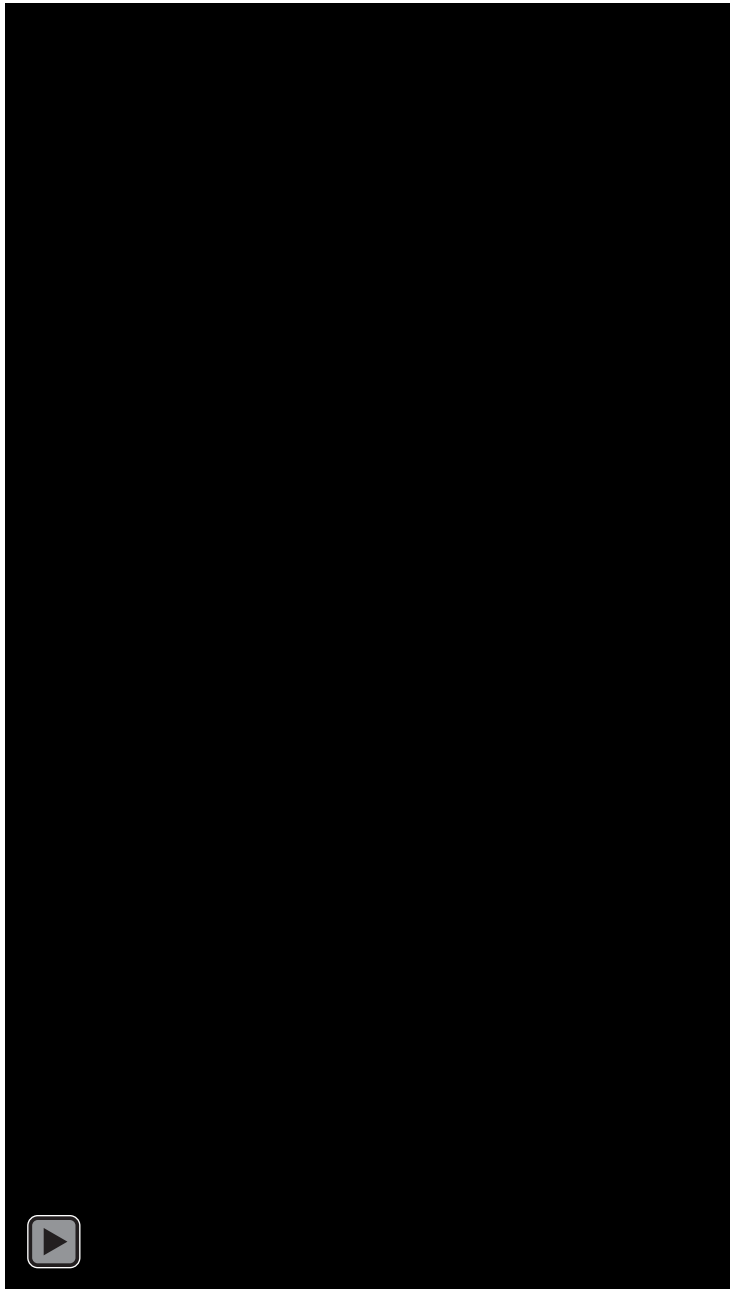


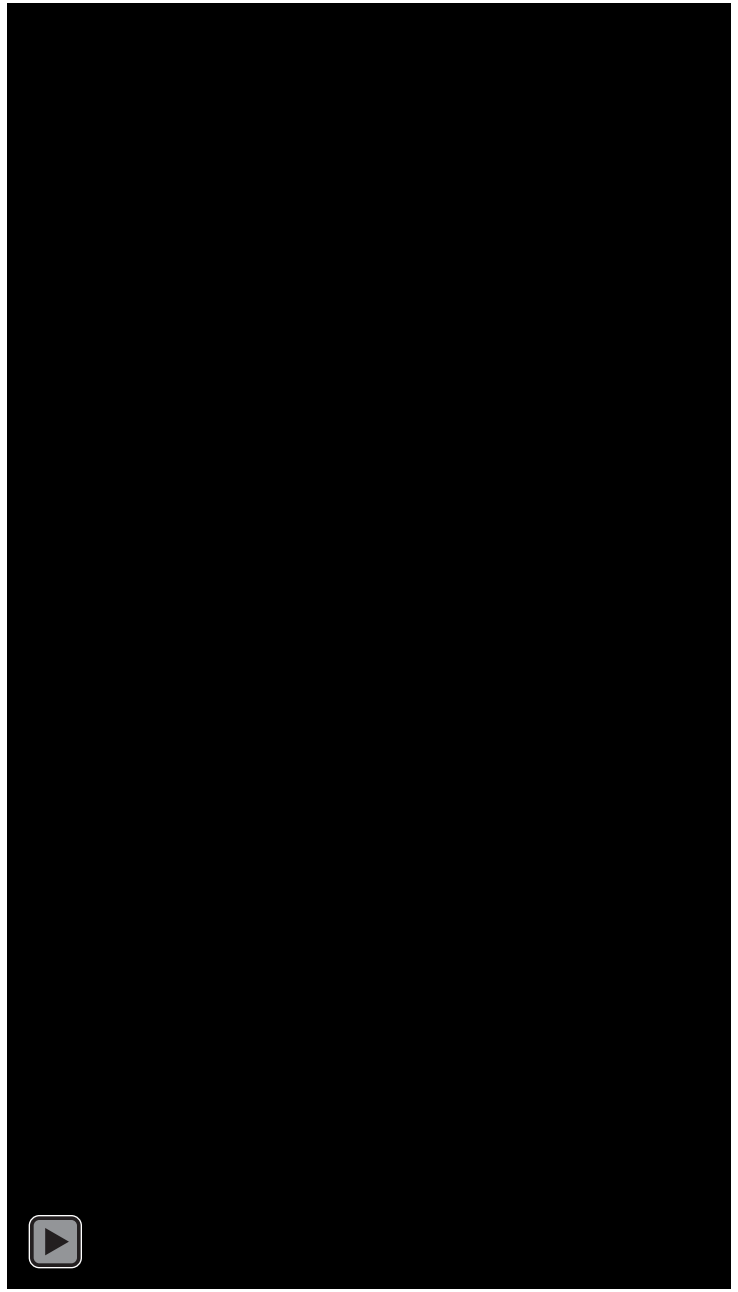

POWER LIFT

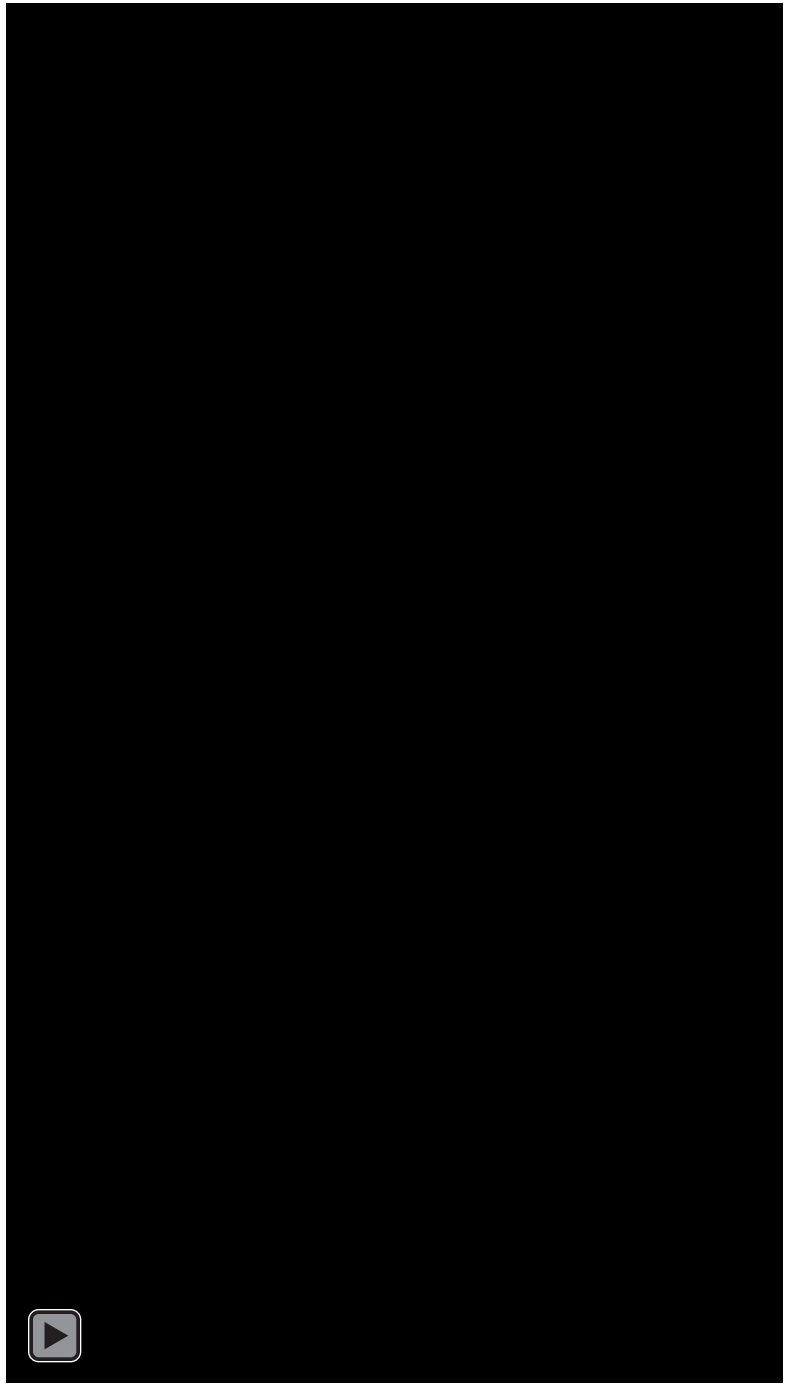












Coaching the Athlete

- What stimulus does the athlete respond to?
  - A lot of talking/coaching or very little?
  - More by themselves or surrounded by teammates?
  - In depth explanation of technique or simple cues?

- Highlight individual strengths
  - Figure out what they do best

- Sandwich technique

Something they are doing well

What they need to work on

Positive comment

Mental Training Overview

- The Athletes Identity
- Positive Affirmations
- “I am” statements
- Imagery

The Athletes Identity

- Where does their self-worth come from?
- How can you encourage positive self-talk?
- Help them understand their value doesn't come from how far they can throw
- Encourage them to look at the bigger picture
  - Being successful takes time and effort
- Instill in them their value comes from their actions and behaviors
  - Work ethic
  - How they treat other people
  - Accountability
  - Communication skills
  - Perseverance

Positive Affirmations

- Instills confidence and self-worth in athletes
- Relate to throwing technique and overcoming personal doubts
- Use daily, throughout the season
- Athletes write affirmation in their own words

Exercise:

- Think of a doubt you have about yourself or a negative thought
- Now ask yourself, “Where did that idea come from?”
- Then write a sentence that affirms the truth about you

“I am” Statements

- Short affirmations to combat negative self-talk
- Relate directly to the negative thoughts the athlete has
- Use during practice and meets

Examples

- I am powerful
- I am confident
- I am deserving
- I am balanced
- I am loved

Do they have a faith life?

- *You see then that a man is justified by works, not by faith only. – James 2:24*
- *For with God nothing will be impossible. – Luke 1:37*
- *So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?" – Hebrews 1:3-6*
- *But let patience have its perfect work, that you may be perfect and complete, lacking nothing. – James 1:4*
- *When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scored you. – Isaiah 34:2*

Imagery

- Creating an experience in you mind – “A mental movie”
- When to use imagery
  - Improve concentration
  - Build confidence and motivation
  - Control emotional responses
  - Control physical responses (heart rate)
  - Recover from injury
  - Strategize
  - Solve problems
  - Learn new skills

Imagery

- Two types of perspective
  - Internal – Seeing the action from behind the lens, 1st person
  - External – Seeing yourself on a video

- Must involve all 5 senses
  - What you would see, hear, feel, smell, and taste

- The key to imagery is vividness and controllability
  - Vividness – Use all the sense to make the images as detailed as possible
  - Controllability – Learn to manipulate your images so they do what you want them to

Imagery

- Start with a YouTube meditation video to learn how to reach a meditative, dream like state of mind
- Work in throwing related mantras and cues
  - “I get left then close in the middle”
  - “I am level stacked as the ball goes past me”
- Build an imagery script
  - Use all 5 senses
  - Environment considerations
  - First person affirmations
  - Specific cues for what they are working on in their throw

Questions?

Alissa.Rausch@usiouxfalls.edu

715.551.5053