**Clinic Corner – Throws**

Shot Put Drills

<https://trackandfieldtoolbox.net/field-events/shot-put-drills?utm_source=sendfox&utm_medium=email&utm_campaign=shot-put-drills>

Med Ball Drills for Discus

<https://mail.google.com/mail/u/0/#inbox/FMfcgzQbgJQjzQrJhzZkwVfVlfclNKlV>