

**Week 2 Throwers Workouts - 2020**  
*Monday, March 16th - Friday, March 20th*

Objective:

- 1) Alignment movement and full-body strength work
- 2) Proprioceptive development
- 3) Collect Baseline Data and Goal Setting

**Monday**

<p>Boys and Girls -</p> <ol style="list-style-type: none"> <li>1. Truck Pushes             <ol style="list-style-type: none"> <li>a. 2 Groups pushing</li> <li>b. switch every 10 seconds or every 30 feet</li> <li>c. Group pushes together for start and then 1-2 people stay in</li> <li>d. If one person, rotate to the next, if two people, the first leaves while the second moves into the seconds position and a new person joins</li> </ol> </li> <li>2. Footwork Drill - with bar             <ol style="list-style-type: none"> <li>a. 90 degree turns</li> <li>b. 180 degree turns (over two inch object mid pivot)</li> <li>c. 360 degree turns (No bar, partner holds height to stay below)</li> </ol> </li> </ol>
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**Tuesday**

<p>Boys -</p> <ol style="list-style-type: none"> <li>1. Pillow Drill and <a href="#">Crawl Work</a> (Gymnastics Room)             <ol style="list-style-type: none"> <li>a. <a href="#">Traditional Bear Crawl (0:32)</a> (Forward and back)</li> <li>b. <a href="#">Table Top Crawl (0:48)</a></li> <li>c. <a href="#">Sideways Gorilla Crawl (2:27)</a></li> </ol> </li> <li>2. Lifts - Bar on Track             <ol style="list-style-type: none"> <li>a. <a href="#">Front Press with Bar (3x6)</a></li> <li>b. <a href="#">Single Leg RDL with dumbbell (3X6)</a></li> </ol> </li> </ol>	<p>Girls</p> <ol style="list-style-type: none"> <li>1. Potpourri             <ol style="list-style-type: none"> <li>a. Backwards SLEDS (backwards and then turn after release for 20 meters)</li> <li>b. NO Bullet Belts- med ball - rainbows and slams</li> <li>c. Kneeling (or seated) Overhead Med Ball Toss</li> </ol> </li> <li>2. Step Ups and Squat Jumps (or med ball - Squat and Throw for height)</li> <li>3. Core work</li> </ol>
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**Wednesday**

<p>Boys</p> <ol style="list-style-type: none"> <li>1. Potpourri             <ol style="list-style-type: none"> <li>a. Backwards SLEDS (backwards and then turn after release for 20 meters)</li> <li>b. NO Bullet Belts- med ball -</li> </ol> </li> </ol>	<p>Girls -</p> <ol style="list-style-type: none"> <li>3. Pillow Drill and <a href="#">Crawl Work</a> (Gymnastics Room)             <ol style="list-style-type: none"> <li>a. <a href="#">Traditional Bear Crawl (0:32)</a> (Forward and back)</li> <li>b. <a href="#">Table Top Crawl (0:48)</a></li> </ol> </li> </ol>
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rainbows and slams c. Kneeling (or seated) Overhead Med Ball Toss 2. Step Ups and Squat Jumps ( or med ball - Squat and Throw for height) 3. Core work	c. <a href="#">Sideways Gorilla Crawl (2:27)</a> 4. Lifts - Bar on Track a. <a href="#">Front Press with Bar (3x6)</a> b. <a href="#">Single Leg RDL with dumbbell (3X6)</a>
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**Thursday**

Boys and Girls - <a href="#">Chest and Shoulder Range of Mobility</a> and storage inventory
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**Friday**

Boys and Girls - Plyos
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Honor Roll Standards for 2020			State Qualifying Standards	
Shot Put	Girls: 34' 6"	Boys: 49' 0"	Girls: 41' 3"	Boys: 54' 6"
Discus	Girls: 107' 6"	Boys: 142' 6"	Girls: 130' 9"	Boys: 158' 2"