

Example Season Plan

2015 Nebraska High School Calendar

3/2-3/22

Focus: General Strength, Drills, Understanding of Event

General Strength- Stair Running, Core Circuits, PLANKS!, Simple Weight Room Volume- 8-12 Reps/set, short recovery times, simple safe lifts, 3-5 lifts/week

Drills- Stand Throws, Wheels, South Africans, Break Downs

Understanding Event- Watch Video of Others, Help Athlete Learn What is Correct

3/23-4/12

Focus: Power/Athletic Development, Whole Part Whole Part, See Yourself

Power/Athletic Development- Plyos, Medicine Ball Circuits, Long Sprints, Power Development Lifting: 4-6 Reps, 55-70% of 1RM, Introduce Olympic Lifts, Medium recovery times per set, 2-4 lifts/week depending on competition schedule

Whole Part Whole Part- Full Movement Throws, broken up with some drill work on specific weaknesses

See Yourself- Watch lots of video, video in practice and review competition Video

4/13-5/3

Focus: Max Strength/Athletic Development, Full Movement Volume, Compare Yourself

Max Strength/Athletic Development- Weighted Jumps, 40-80m Sprints, Heavy Lifting: 75-90% of 1RM simple and olympic lifts, long recovery between sets, 2-4 lifts/week depending on competitions

Full Movement Volume- Get to full throws early and do them until athlete begins to show fatigue. Then drop to partial movement and drills. Try to practice before lifting/conditioning.

Compare Yourself- Start to show video of your athletes and the athlete you want them to throw like, compare and contrast, figure out what to work on this way

5/4-5/23

Focus: Specific Strength/Power, Full Movement Rhythm Development, Visualization

Specific Strength/Explosive Power- Focus on short sessions of strength that translate to each event; ie Power throws with a weighted ball 125-150% of the implement weight Short sprints (can be paired with jumps) Weight Room returns to 55-70% of 1RM lifts completed with the intention of bar speed, long recoveries between sets and lifting days 1-2 lifts/week, 50-70% of total volume of previous cycles and can be done on day before meets

Full Movement Rhythm Development- Fewer throws in practice, less technical focus but instead on feel and speed at release

Visualization- Only watch really good throws, try to help athlete feel that throw over and over again...'Whatever Fires, Wires'