



MIKE CASAPINI

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* SIMPLIFIED THROWS GUIDE FOR COACHES

* EVERYONE IS RESPONSIBLE FOR SAFETY!

* THE GRIP & THE SHOT PLACEMENT IS THE SAME IN THE GLIDE & ROTATION,

1. 4 FINGERS TOGETHER, THUMB DOWN. (FINGER POKE, NOT PALM.)
2. LIFT - TURN - LOAD. (JAW/NECK AREA - COIL SPRING - ELBOW PARALLEL - THUMB DOWN).
3. EXTEND & RELEASE. (SIDE RELEASE VS. FOUL SHOT, FINGER SNAP FLIP @ BYE SAILOR).

* STAND THROW - GLIDE & ROTATION THE SAME. "THE PROPER POWER POSITION, (PVC PIPE DEMO), GLIDE - 10' PUSH

1. SET FEET. (TOE & HEEL RELATIONSHIP @ POWER & BLOCK FOOT),
2. LOAD SHOT RELAX BLOCK ARM, (WRAP)
3. LETTER "A",
4. SHIFT & SINK. (POWER HIP - BENT KNEE - LOW HEEL),
5. TURN & BEND, (SKI JUMPER),
6. TEETER TOTTER, (LOADS POWER LEG),
7. "WHO'S YOUR DADDY" (TOE - KNEE - HIP - ARM). (SCREW UP).

8. BLOCK & THROW. (PULL THE CORD [LAWN MOWER],
EXTEND & RELEASE [BYE SAILOR]). *WATCH THE
RELEASE ONLY!
9. HOLD YOUR FEET! (BOXER, SQUAT)
"NON-REVERSE"

DRILLS

1. TARZAN/JANE DRILL
2. CHAIR DRILL
3. A-DRILL
4. SINGLE LEG STAND DRILL
5. STEP BACK DRILL

GLIDE - BACK OF THE CIRCLE "THE CALM BEFORE THE STORM"

1. PARALLEL FEET, LOAD SHOT
2. PRE-SET POWER FOOT, ① WALK BACK BLOCK
LEG. (SKI-JUMPER - LACES DOWN).
- 1,2,3 RHYTHM { 3 "I" - (LIFT BLOCK LEG)
GATHER - (BENT KNEES COME TOGETHER) * 4N-SEAT
GO - ("A" DRILL) * HIP FALL
4. BLOCK AND THROW (HOLD YOUR FEET!)

OTHER GLIDE TECHNIQUES TO CONSIDER:

- ② SHUFFLE - (L-R-L OR R-L-R).
- ③ WALK-IN
- ④ ROCK-IN
- ⑤ DYNAMIC
- ⑥ HALF-TURN (STATIC & RHYTHM).
- ⑦ STEP-BACK

"MY FAVORITE GLIDE DRILL"

- DOUBLE HOP (BENT & STRAIGHT LEG)
[PRACTICE ON TRACK @ 42" LANES WITH/WO. SHOE],
- USE MED BALLS, POLES.
- "HOP-HOP-TETTER TOTTER-BLOCK & THROW-HOLD YOUR FEET.

ALSO:

1,2,3
KICK

- BOTTLE CAP IN HEEL OF POWER FOOT
- HALF TURN - GO FROM ONE POWER POSITION INTO ANOTHER POWER POSITION. ^{FROZEN ROPE}
- FOCAL POINTS
- CLOCK POSITIONS
- "THROW IT HOME" (OUTFIELD TO HOME PLATE).
- "SCREW-UP" - POWER FOOT NEVER STOPS MOVING
- BLOCK LEG - STAYS FLAT - POST OVER (FENCE POST) - CLIMB YOUR BLOCK LEG
- WATCH THE SHOT FINGER FLIP - DO NOT WATCH IT LAND.
- FINISH - EXTEND RELEASE - FORBIDDEN FRUIT - VIRGIN STONE,
- KARATE KID - GIANT STEP - JUMP THE CREEK,
- BUTT TO THE FRONT - "CHEEKS" - GLUTEUS MAXIMUS TO THE FRONTENDS OR TOE BOARDERS.
- BLOCK ARM GUN SIGHT, WHAT TIME IS IT?
- BLENDING - REVERSE & NON-REVERSE.

✂ MY GLIDERS DO ROTATIONAL DRILLS &
MY ROTATORS DO GLIDE DRILLS. (LINEAR).

ROTATION / SPIN SHOT PUT (14' PUSH)
 "ANOTHER WAY TO MOVE IN A STRAIGHT LINE" (BE LINEAR).

BACK OF CIRCLE

1. LETTER "A"
2. LOAD SHOT & WRAP
3. 1/4 SQUAT TOES OUT
4. LOAD (SHIFT & SINK ON BLOCK LEG)
5. HITCH & SWEEP (PUSH OFF BIG TOE)
6. GIANT STEP (KARATE KID, PUSH THE BUTTON, JUMP THE CREEK) ^{"RESET"}
7. HALF-TURN
8. THROW & FINISH. NON-REVERSE

RIGHT OR
LEFT →

ROTATION / SPIN DRILLS

- * 1. WALKING THROWS
2. 1-2-3 GO
3. 90° - 180° - 270° - 360° OR 3, 12, 9, 6
4. SOUTH AFRICAN
5. DYNAMIC HALF TURN (RHYTHM)
6. ALSO! SEE PAGE # 3.
7. BLENDING: NON-REVERSE, REVERSE.
8. PVC PIPE - POWER POSITION STAND
 - ACROSS SHOULDERS - TURNS
 - LOWER BACK POSITION - POSTURE "TURNS"

DISCUS

GRIP:

1. SPREAD FINGERS - 1ST JOINT - INDEX FINGER
2. FIRST TWO FINGERS TOGETHER

GRIP DRILLS! BOWLING, FIGURE 8, FINGER FLIPS OFF OF INDEX FINGER, "SQUEEZE A BAR OF SOAP", SIT IN A CHAIR AND RELEASE INTO THE NET.

STAND THROW: I TRY TO USE THE SAME TERMINOLOGY IN ALL TECHNIQUE COMMANDS. (MAKES IT EASIER TO LEARN BOTH EVENTS).

1. SET YOUR FEET.
2. ALLIGATOR ARMS
3. LETTER "A"
4. SHIFT & SINK (LOAD POWER LEG),
5. TURN & WIND (HELICOPTER ROTERS UP) (WIND OR SWING)
6. TEETER-TOTTER (KEEPS POWER LEG LOADED)
7. WHO'S YOUR DADDY (TOE-KNEE-HIP-ARM) (SCREW UP)
8. BLOCK & RELEASE (THROW) (JUDO CHOP)
9. HOLD YOUR FEET (NON-REVERSE),
10. FINISH (WHO'S THE BEST? I AM!)

BACK OF CIRCLE (SIMILAR TO ROTATION SHOT).
WALKING THROWS & COMPETITION THROWS

1. LETTER "A"
2. ALLIGATOR ARMS
3. 1/4 SQUAT TOES OUT
4. LOAD (SHIFT & SINK ON BLOCK LEG).
5. WIND & SWEEP (HELICOPTER ROTERS UP, SWEEP LOW). (WIND OR SWING)
6. GIANT STEP (KARATE KID, PUSH THE RESET BUTTON, JUMP THE CREEK).
7. HALF TURN (WHO'S YOUR DADDY?)
8. RELEASE & FINISH (THROW & WHO'S THE BEST? I AM!)

MORE DRILLS! ALSO SEE PAGE 3 & 4 & 5.

1. 1-2-3 KICK
2. HEEL KICK WITH SMALL CONE OR WATER BOTTLE.
3. THROW CONES, POWER BALL, BOWLING PINS, PIPE, etc
4. FLOAT - FLOAT - STING
5. DOUBLE TURNS - VERY ENTERTAINING!
6. TOUCH & GO
7. GRINDS
8. KARATE KID - LIFT KNEE - TURN FOOT - DROP/FALL * HAVE FOOT MEET THE PAVEMENT!
KEEP KNEE BENT! DO NOT STRAIGHTEN/REACH POWER LEG/FOOT!

"THE HIPS ARE THE ENGINE"

"WHAT YOU SEE - IS WHAT YOU COACH"

"DO IT THE SAME EVERY TIME TO ESTABLISH A RHYTHM."