| **C:\Users\dowens\Desktop\Work\My Documents\My Pictures\Ospreys Community Partners & Sponsors Logos\Backless\Welsh_Rugby_Union_logo.tif**  **Hooked On Throwing**  **Tutor Notes for Set up and Delivery of Programme** | | | | | | |
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| Kit Required Required - Balls ( one between 2 players ), Cones, 8 Tackle Bags, 8 Contact pads, towels, heavy ball, medicine ball, swiss ball, theraband, lollipop    Arrival 6.00 - Set up Laptop / Projector / Screen / Speakers   * Set up tables / chairs in groups dependant on number. Eg 5 groups of 8 if 40 * Set all activities up outside ( see Appendix 1 for set up ) * Register coaches on arrival | | | | | | |
| **Session One – Indoor Presentation** | | | | | | |
| **Time** | **Length** | **Led By** | | **Activity** | **Key Areas to Address** | |
|  | 5 min |  | | Introduction and Welcome | PP1 - Rationale and Purpose of Programme  PP2 – Introductions  PP3 – Housekeeping  PP4 – Outline of Evening/ Objectives | |
|  | 5 min |  | | Video | PP5 or off desktop | |
|  | 2 min |  | | Principles of Lineout throwing | PP6 | |
|  | 10min |  | | The stance  The Grip  Pre throw  The release  The chain  Skills and Drills | PP7-PP12 – Highlight phase not on age but readiness.  Independent learning  Key coaching points | |
|  | 5 min |  | | Coaches and players Outside | Directed to first activity | |
| **Session Two – Outdoor Practical** | | | | | | |
| **The principles of the lineout throw** | | | | | | |
| **Time** | **Length** | **Activity** | | | **Key Areas to Address** | |
|  | 3 min | **Stance**  Demonstration of the stance needed | | | X 20 for players  DG to get coaching points out in demo | |
|  | 3 min | Running in grid on whistle find the throwing positional stance | | | X20 for players  Players/ coaches to use the step process explained in demonstration | |
|  | 3 min | As above but coaches check for stability, which will help increase core ability | | | X20 for players | |
|  | 3 min | **Grip**  X not + | | | DG to get coaching points out in demo  Position of hands  Dirty fingers, clean palms | |
|  | 3 min | Running within grid placing ball down and picking up on whistle find stance and work through the grip process | | | Dominant hand at back/centre of ball  Fingers across seam thumb underneath  Non dominant hand front to middle for guide | |
|  | 3 min | Repeat above coaches to coach players and tap ball to test for grip strength | | | As above | |
|  | 3 min | **Pre Throw Position** | | | DG to get coaching points out in demo | |
|  | 5/7 min | Zig zag grid player moving to different positions. | | | Ball held on crown of head  Elbows tucked in  Head and chest up and proud  Activate core | |
|  | 3 min | **The Release** | | | DG to get coaching points out in demo | |
|  | 2 min | On knees without the ball | | | Explanation of core strength | |
|  | 5 min | Lying on tackle bag | | | Throw ball upwards- looking for tight spiral  Player to catch  See how high they can throw but must catch | |
|  | 5 min | On knees throwing at target | | | Coaches vary the distance depending on ability  Elbows in  Hands high on release | |
|  | 5min | | On knees throwing at target with one hand | | | Again coaches vary distance |
|  | 2min | | Repeat on knees throwing at target with  2 handed throw | | | Coaches to coach the whole process and constantly  reinforce the key coaching points |
| **The Kinematic Chain** | | | | | | |
|  | 5 mins | Demonstration | | | DG to give out key coaching points  Activate core Pelvic Tilt  Fire hip flexors Glute activation extend legs | |
|  | 10 mins | Towel/Theraband - Player on knees | | | Coaches to control players swing motion x10 goes | |
|  | 5 mins | Above head slams | | | Heavy ball or medicine ball | |
|  | 5 min | On knees 10 meter throw | | | Coach to re-emphasise key points | |
|  | 5 mins | Throw at shield static/thrown in air/lollipop stick | | |  | |
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| **Session 3 – Summary and Questions** | | | | |
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|  | 5 min |  | Re-visit Hopes / Concerns | Fill in feedback forms  Discuss hopes / concerns |
|  | 10 min |  | Q and A | Draw questions from floor |
|  | 3 min |  | Summary and Thanks | PP 14 – Locker  Thanks to facility, players, coaches and  Collect Feedback forms |
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