|  **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**  |
| --- |
| 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 ProgrammePP2 – IntroductionsPP3 – HousekeepingPP4 – Outline of Evening/ Objectives |
|  | 5 min |  | Video | PP5 or off desktop |
|  | 2 min |  | Principles of Lineout throwing | PP6 |
|  | 10min |  | The stanceThe GripPre throwThe releaseThe chainSkills and Drills | PP7-PP12 – Highlight phase not on age but readiness. Independent learningKey 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 playersDG to get coaching points out in demo |
|  | 3 min | Running in grid on whistle find the throwing positional stance | X20 for playersPlayers/ 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 demoPosition of handsDirty 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 ballFingers across seam thumb underneathNon 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 headElbows tucked inHead and chest up and proudActivate 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 spiralPlayer to catchSee how high they can throw but must catch |
|  | 5 min | On knees throwing at target | Coaches vary the distance depending on abilityElbows inHands high on release |
|  | 5min | On knees throwing at target with one hand | Again coaches vary distance |
|  | 2min | Repeat on knees throwing at target with2 handed throw | Coaches to coach the whole process and constantlyreinforce the key coaching points  |
| **The Kinematic Chain** |
|  | 5 mins | Demonstration | DG to give out key coaching pointsActivate core Pelvic TiltFire 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 |  |
|  |  |  |  |
|  |

| **Session 3 – Summary and Questions** |
| --- |
|  | 5 min |  | Re-visit Hopes / Concerns | Fill in feedback formsDiscuss hopes / concerns |
|  | 10 min |  | Q and A | Draw questions from floor |
|  | 3 min |  | Summary and Thanks | PP 14 – LockerThanks to facility, players, coaches and Collect Feedback forms |
|  |  |  |  |  |