



WELSH ATHLETICS  
ATHLETAU CYMRU

*LISTEN  
ENGAGE  
REPRESENT*

Developing the young thrower— Ryan Spencer Jones

Developing the Young

Thrower/Athlete/Person?

# The Athletes Needs

- Technical
- Tactical
- Physical
- Mental
- Lifestyle



*Where do I / WE start*

- School, exams , friendships, travel, facility access, coach relationship, understanding physical development

# Where to Start – Developing the young athlete is a marathon not a sprint

- Mastering body weight movement must be a priority
- Progressing too soon onto weighted exercises without proper efficiency and control will make the athlete revert to what's easiest
- This translates to technical areas – if the athlete can't coordinate a single support movement it will revert to what's easiest in the throwing movement

## YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES

CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	+21		
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD						ADOLESCENCE							ADULTHOOD					
GROWTH RATE	RAPID GROWTH			← →			STEADY GROWTH			← →			ADOLESCENT SPURT				← →			DECLINE IN GROWTH RATE		
MATURATIONAL STATUS	YEARS PRE-PHV						←						PHV		→						YEARS POST-PHV	
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)									← →			COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)									
PHYSICAL QUALITIES	<b>FMS</b>			<b>FMS</b>			FMS			FMS												
	sss			sss			<b>SSS</b>			<b>SSS</b>												
	Mobility			Mobility						Mobility												
	Agility			<b>Agility</b>			<b>Agility</b>						Agility									
	Speed			<b>Speed</b>			<b>Speed</b>						Speed									
	Power			<b>Power</b>			<b>Power</b>						Power									
	<b>Strength</b>			<b>Strength</b>			<b>Strength</b>						<b>Strength</b>									
	Hipertrophy						Hipertrophy		<b>Hipertrophy</b>						Hipertrophy							
	Endurance & MC			Endurance & MC						Endurance & MC						Endurance & MC						
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE						MODERATE STRUCTURE			HIGH STRUCTURE			VERY HIGH STRUCTURE						

The YPD model for females. Font size refers to importance; light blue boxes refer to preadolescent periods of adaptation, dark blue boxes refer to adolescent periods of adaptation. FMS = fundamental movement skills; MC = metabolic conditioning; PHV = peak height velocity; SSS = sport-specific skills; YPD = youth physical development.

### YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES

CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+			
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD							ADOLESCENCE							ADULTHOOD					
GROWTH RATE	RAPID GROWTH			↔			STEADY GROWTH				↔			ADOLESCENT SPURT			↔				DECLINE IN GROWTH RATE		
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	sss			SSS				SSS			SSS												
	Mobility			Mobility							Mobility												
	Agility			<b>Agility</b>				<b>Agility</b>			Agility												
	Speed			<b>Speed</b>				<b>Speed</b>			Speed												
	Power			<b>Power</b>				<b>Power</b>			Power												
	<b>Strength</b>			<b>Strength</b>				<b>Strength</b>			<b>Strength</b>												
	Hypertrophy										Hypertrophy		<b>Hypertrophy</b>					Hypertrophy					
	Endurance & MC			Endurance & MC							<b>Endurance &amp; MC</b>			Endurance & MC									
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE					MODERATE STRUCTURE			HIGH STRUCTURE			VERY HIGH STRUCTURE								



# Starting BLOCS

- [HOME – Starting Blocs](https://www.startingblocs.co.uk/)  
<https://www.startingblocs.co.uk/>

## blocky's challenges RESCUE the TOYS



### 👤 How many players...

1 or more

### 👍 This is good for...

This game gets your children moving around and burning some energy!

### 🔴 Equipment Required...

Lots of toys!

### ? How to...

Scatter the toys around the playing area, players jog around the area and when the adult shouts 'rescue the toys' players must move to the nearest toy and pick it up and place to one side.

### 🌀 Mix it up!

Why not see how many different movements you can do throughout the game. eg. Skip, jump, crawl, move like various animals - the more imaginative the better!



# What can those movements look like

SQUAT

LUNGE

HINGE

ROTATE

PUSH

PULL

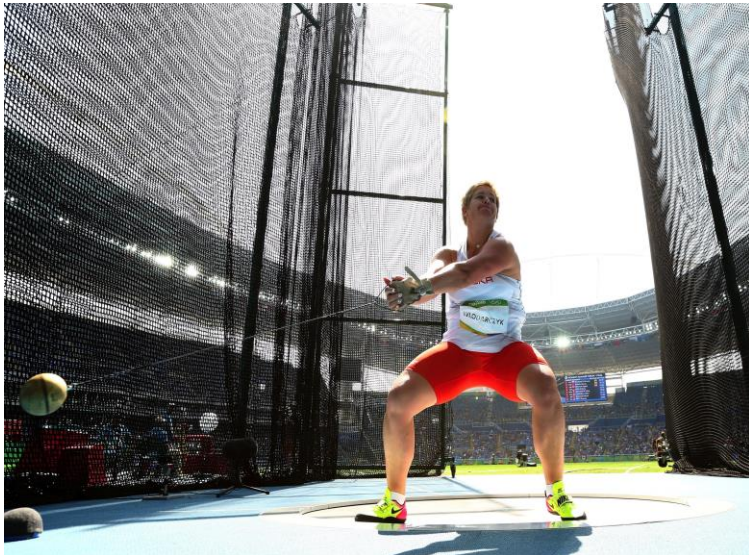
CRAWL



# Develop the Athlete to perform the movement

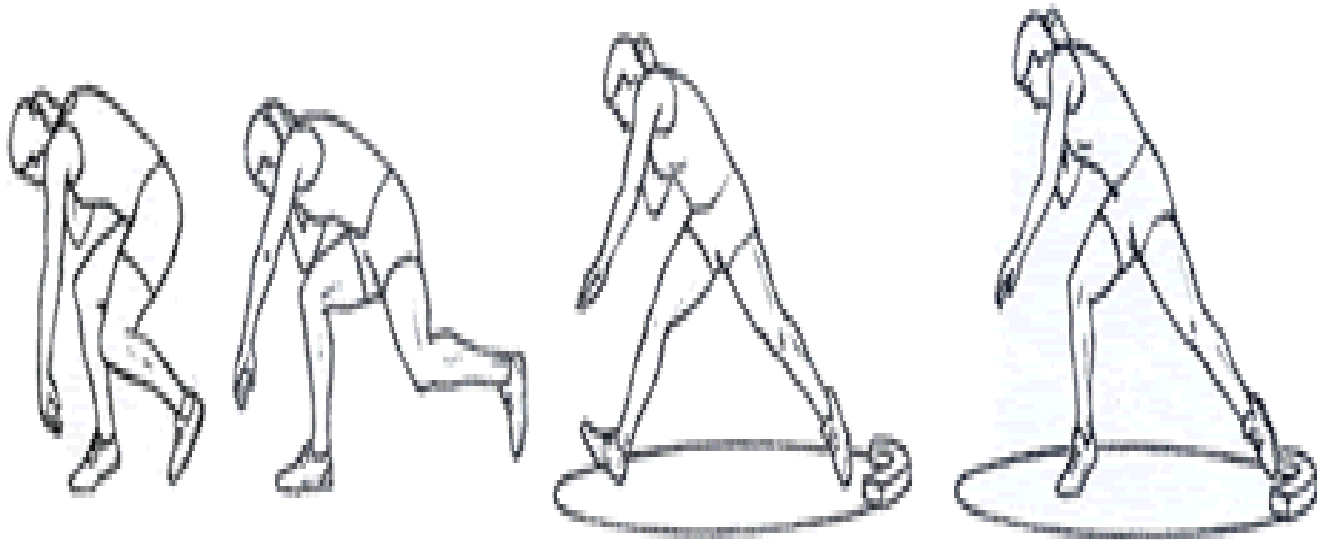
## SQUAT

- Squat efficiently – Allows athlete to perform all throws with greater competence



# LUNGE

Lunge efficiently – Stability within a strong position



# ROTATE

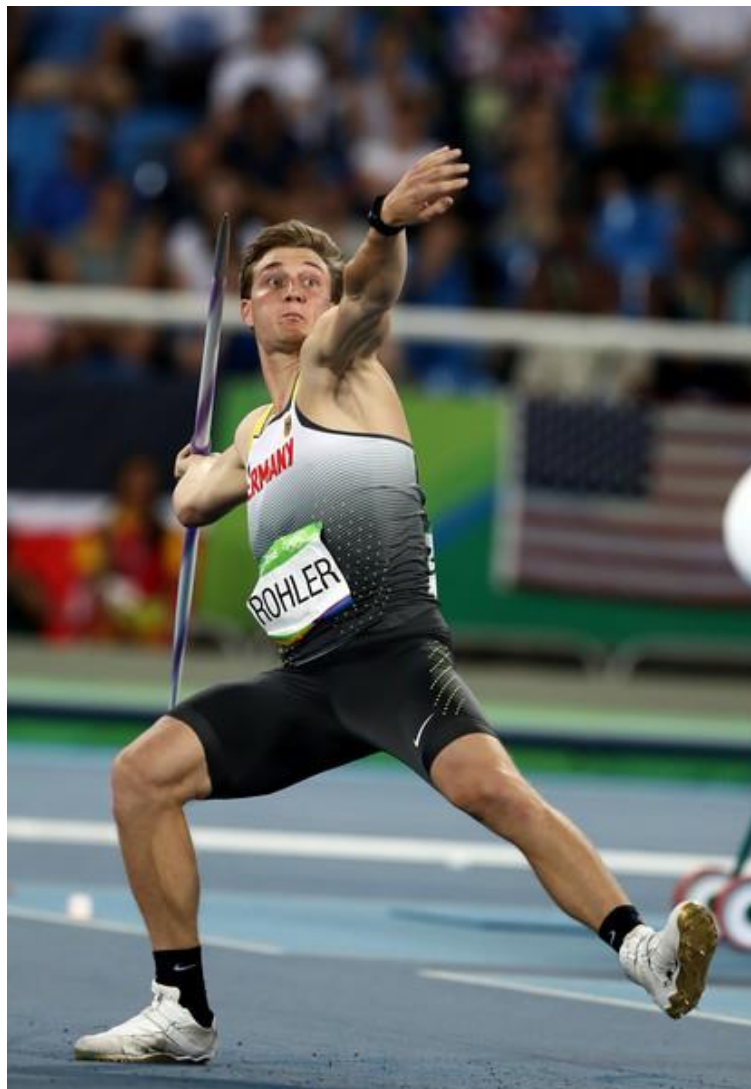




# HINGE



PULL



# PUSH







CRAWL





# Specific Group adapted training

## **Med Ball Physical Preparation**

- MB Chest Pass
- MB Overhead
- MB Caber
- MB side heave L&R
- MB Overhead Throw
- MB seated side throw
- MB Sit up throw

## **Other preparations**

- Standing long jump
- Double SLJ
- Bounds
- Single leg hops
- Box Jumps
- Skipping

# Trump Cards – Trunk stability

- Balancing and Hopping - Primarily Develops Balance & Ankle/Hip Stability
- Bear Crawl - Primarily Develops Trunk Stability & Control
- Crab Walk - Primarily Develops Hip Stability
- Plank - Primarily Develops Trunk Stability & Capacity

# Break Out Session

- Two profiles of athletes
- Four movement cards - How each one would directly assist technical development
- Squat, Lung, rotate, hinge, push , pull and crawl - Give one medicine ball exercise that incorporates those movement that hits a technical goal

# Break out session

## Athlete A

- 14 years old Boy
- 6ft 5 inches
- Training age 6 months
- Highlighted areas –
- New to the event
- Lacks single leg balance
- Unable to squat
- Main event Discus

## Athlete B

- 15 years old Girl
- 5ft 5
- Training age 2 years
- Highlighted areas
- Focus on strength can be a negative
- Lacks movement skills
- Main event Shot Put

- DISCUSSION

- 14 years old Boy
- 6ft 5 inches
- Training age 6 months
- Highlighted areas –
- New to the event
- Lacks single leg balance
- Unable to squat
- Main event Discus

- **Balancing and Hoping**
- **Bear Crawl**
- **Crab Walk**
- **Plank**

- 15 years old Girl
- 5ft 5
- Training age 2 years
- Highlighted areas
- Focus on strength can be a negative
- Lacks movement skills
- Main event Shot Put

# Return to training post Covid -19

- Keep it simple
- Understand where the athlete was before
- Smart Goals
- Use it as a positive to correct previous technical issues
- Clear and realistic expectations
- Enjoyment and fun

**BRITISH ATHLETICS**  
Returning to training following mild or moderate COVID-19 infections

MILD/MODERATE SYMPTOMS → 10 DAYS REST FROM ONSET + >7 DAYS SYMPTOM FREE + OFF ALL TREATMENTS → GRADED RETURN TO TRAINING

**GRADED RETURN FROM MINOR/MODERATE SYMPTOMS**

	Following a check of all 3 criteria above	Stage 1 2 days minimum	Stage 2 1 day minimum	Stage 3 1 day minimum	Stage 4 1 day minimum	Stage 5 1 day minimum
AIM		Increase heart rate & movement	Small increase in load, managing any post viral symptoms	Build in more specific training	Normal training activities on reduced load	Resume normal training progressions
ACTION		Light activity	Increase consistency of training	Increase duration of training	Increase intensity and introduce strength work	Resume normal training progressions
ADVISED EXERCISE		Walking, light jogging/stationary cycling. No strength training	Stage 1, plus simple drills	Stage 2, plus complex drills and light circuits	Stage 3, plus strength training, strides and full circuits	Resume normal training progressions
EXERCISE INTENSITY		Very easy, able to maintain conversation throughout	Easy, still able to maintain conversation throughout	Easy, still able to maintain conversation throughout	Easy, still able to maintain conversation throughout	Resume normal training progressions
DURATION		<15 mins	<30 mins	<45 mins	<60 mins	Resume normal training progressions
MONITORING		Subjective symptoms, resting HR, RPE, I-PRRS	Subjective symptoms, resting HR, RPE, I-PRRS	Subjective symptoms, resting HR, RPE, I-PRRS	Subjective symptoms, resting HR, RPE, I-PRRS	Subjective symptoms, resting HR, RPE, I-PRRS

CONTINUE TO PROGRESS TO FULL TRAINING

Guided framework adapted from UK Home Nation Sports Institutes advice (<https://bjsm.bmj.com/content/54/19/1174>)  
Note: HR - heart rate; RPE - rating of perceived exertion, I-PRRS - Injury Psychological Readiness to Return to Sport

**RETURN FROM COMPLICATED AND SEVERE INFECTIONS**  
Athletes who have experienced complicated and severe infections, including those admitted to hospital and those with comorbidities/underlying medical conditions that require them to shelter, must seek further medical assessment prior to the graded return to training. This might include completion of a blood test, assessment of cardiac functioning and/or assessment of lung functioning

**COVID SYMPTOMS**

- Shortness of breath
- Fever
- New, persistent dry cough
- Loss of taste and smell
- GI distress (nausea, Diarrhoea)



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QUESTIONS