

Week 4 Workouts - 2020
Monday, March 30th - Friday, April 3rd

Objective

- 1) Power and Strength
- 2) Proprioceptive processing
- 3) Locating the Point of Release with Power Position

Monday

Get a brick, piece of wood, or another flat object that will not move when standing on it to complete the following drill: [Forward, two handed out of ring release](#)

[Mirror Turn Drill](#)

Tuesday

[Cone Kick Drill](#) and [Pivot Drill](#)
[Body Weight Balance Drills](#)

Wednesday

[Dynamic Flexibility](#)

Thursday

40-70 [Tire Flips](#) (The video has alternate objects that you can use in place of a tire.)

Friday

[Half Turn Progressions](#) and [Hurdle Drills for Throwers](#)

Honor Roll Standards for 2020			State Qualifying Standards	
Shot Put	Girls: 34' 6"	Boys: 49' 0"	Girls: 41' 3"	Boys: 54' 6"
Discus	Girls: 107' 6"	Boys: 142' 6"	Girls: 130' 9"	Boys: 158' 2"