

# CNU TRACK & FIELD

## MULTI-THROWS CIRCUITS

<u>Movement</u>	<u>Options</u>
Twists Figure-8s Chest Pass Over-Head Forward (OHF) Slam	Standing, Kneeling; Plyometric (forward release) Standing, Kneeling 1-arm, 2-arm; Plyometric; w/ Jumps 1-arm, 2-arm; Standing, Kneeling, Prone; Plyometric; w/Jumps 1-arm, 2-arm; Shoulders, Torso
Between-Leg Back (BLB/Long-Snaps) Between-Leg Forward (BLF) Over-Head Back (OHB) Hammer Discus Slings	Med-Ball, 1-arm Pud; w/ Jumps Med-Ball, 1-arm Pud; w/ Jumps Backward Release, Forward Release; Med-Ball, 1-arm Pud Med-Ball, Pud

***The exercises above are listed roughly in order of complexity, range of motion, and intensity. The options on the right alter these attributes. These are typically performed with a partner, but can be done individually with the help of a suitable wall. Plyometric options are catch-throws.***

***Multi-Throws Circuits should progress in volume and intensity over time and can be performed without issue if done consistently and with attention to good posture and technique.***

***The exercises in the first group of Multi-Throws require a stable base and strong movements through the torso. The exercises in the second group all require creation of strong ground forces – effort moves from the ground up through the hips and torso and finish with a “slinging” motion of the arms.***

***Some exercises may be combined with multi-jumps (typically double-leg), either continuing the momentum of the jumps or reversing it for a higher intensity option. Proper technique in both the Multi-Jump and Multi-Throw elements must be established before combining the exercises.***

***Examples below may be prescribed in training plans or dosages may be described to give you the freedom to create your own combinations.***

<b>EXAMPLE CIRCUITS</b>	
<p style="text-align: center;"><b><u>Basic Circuit (Med-Ball Warm-Up)</u></b></p> <p>10 x Standing Twists (each direction)                      10 x Standing Figure-8s (each direction)                      10 x Kneeling Twists (each direction)                      10 x Kneeling Figure-8s (each direction)                      10 x Kneeling Chest Passes                      10 x Kneeling OHF                      10 x BLFs                      10 x OHBs                      5 x Backward Release Hammers (each direction)</p>	<p style="text-align: center;"><b><u>Vertical Circuit</u></b></p> <p>10 x Standing Twists (each direction)                      10 x Standing Figure-8s (each direction)                      10 x Chest Passes for Height                      10 x Slams (Torso - pull down from the waist)                      10 x BLFs for Height                      10 x OHBs for Height                      5 x Drop Jump + BLF for Height                      5 x Drop Jump + OHB for Height</p>
<p style="text-align: center;"><b><u>Plyometric Med-Ball Circuit</u></b></p> <p>10 x Standing Twists (each direction)                      10 x Standing Figure-8s (each direction)                      5 x Standing Chest Passes                      10 x Plyometric Chest Passes (each: prone, standing)                      5 x Standing OHFs                      10 x Standing OHF Wall Dribbling (stand ~12” from wall)                      10 x Plyometric OHFs (each: prone, standing)                      5 x Kneeling Plyometric Twists (each direction)</p>	<p style="text-align: center;"><b><u>Med-Ball + Pud Circuit (1-Arm Focus)</u></b></p> <p>10 x Standing Twists (each direction)                      10 x Standing Figure-8s (each direction)                      10 x 1-arm Standing Chest Passes (each arm)                      10 x 1-arm Standing OHFs (each arm)                      10 x 1-arm Slams (Shoulders – torso upright) (each arm)                      5 x Pud BLFs (each arm)                      5 x Pud OHBs (each arm)                      5 x Pud Backward Release Hammers (each direction)</p>

***You get the idea – now build your own!***