Developing the Jr High Thrower

The **GLIDE** *technique*

Jack Cheek

Lancaster Throws Coach
Career Based Intervention Coordinator
Math Instructor

Ohio University -Bachelors
Ashland University- Master

Married for 35 years to my wife Kathryn, 4 kids-Ryan, Nathan, Kim and Chet, 3 wonderful grandchildren - Paris, Kylie, and Mikey

My Coaching Rewards

Over 30 years coaching experience

Multiple **Conference Champions**

Multiple **State Meet Qualifiers**

Multiple **State Meet Champions**

Multiple **National Meet Qualifiers**

A few **All Americans**

Just recently, former thrower **Nik Curtiss**, a Tiffin University Thrower and now an Iowa Hawkeye, qualified and threw in the 2021 Olympic Trials

Where did I get my information?

I Learned from the BEST

Doug Henwood - Lancaster RIP
Terry Oehrtman - Lancaster
Bill Nutt - Newark
Greg Jones - Logan
Kurt Roberts - Ashland
Jim Robinson - Logan
Mike Casapini - Zanesville
Jud Logan 'The Light Giver' - Ashland RIP
….And so many other fellow coaches all around Ohio

Online- JY Throws
         - Primal Throws- Elite Throws Coaching

The Glide Technique

The Teaching Progression

The *GRIP*

The *RELEASE*

The *NECK PLACEMENT*

The *POWER POSITION*

The *FULL GLIDE*

BREAK IT DOWN in DRILLS

The *GRIP*

The *RELEASE*

....the **FLICK**, thumb down

Drill - *SLAMS, Front Neck Releases*
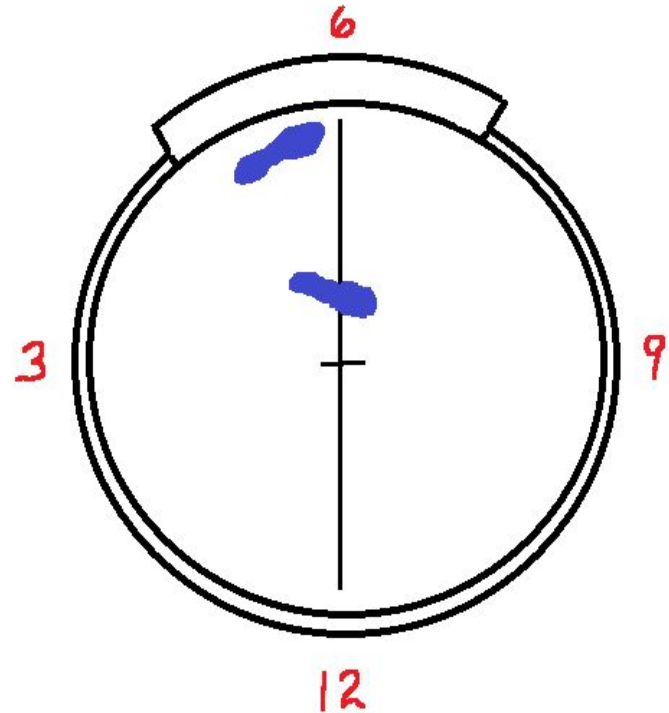
The *Neck Placement*

GLIDE

ROTATIONAL

The *POWER POSITION*

At the TOE BOARD- Feet placement

" TOE, KNEE, HIP, SLAP, PULL, PUNCH"
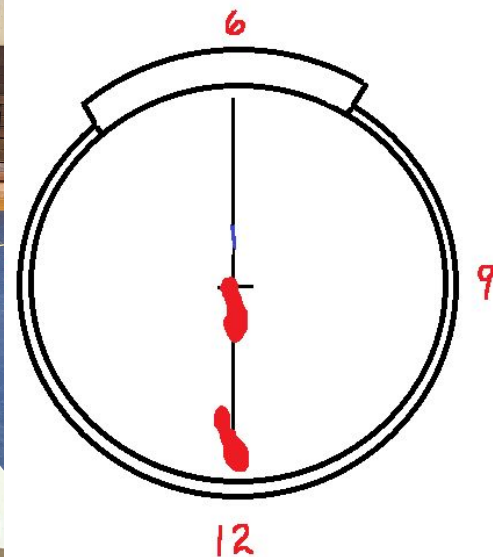
The *FULL GLIDE*

Working from 12 to 6

Start

Front

FINISH- "TOE, KNEE, HIP, SLAP, PULL, PUNCH"
The Flick

BREAK IT DOWN

DRILLS-

Front Power Position - Toes Front - little hip pop n release
- Half Powers - more hip pop n release
- Full Power - Load in up n Throw

"Toe Knee Hip Slap Pull Punch" <u>FLICK</u>

Big Steps -

Left Leg Right Leg - A to Bs

Fence -

Partner -

Another Option - Back In and Throw- Right Left Throw

QUESTIONS/ANSWERS

Contact Information
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THANK YOU!

** Make it Fun- target practice, trash can...