

2014 West Coast SuperClinic – Tony Ciarelli Training Throwers to Peak Performance

Training Throwers to Peak Performance

Tony Ciarelli
Throws/Strength Coach
Newport Harbor High School
USAW Level IV U.S. International Coach
WASA~KI~SHIN~SHOU

PROGRAM PRODUCTION

- 7 CALIFORNIA STATE CHAMPIONS
- 30 CALIFORNIA STATE MEDALIST
- 43 CALIFORNIA STATE QUALIFIERS
- 26 CIF/MASTERS CHAMPIONS

Top 10 Shot Put High School

- 1. *Ethan Cochran* – 64' 6.5"
- 2. *Kaleaph Carter* – 64' 0.5"
- 3. *Bo Taylor* – 63' 11.25"
- 4. *Marty Taylor* – 62' 5"
- 5. *Scott Moser* – 61' 10.5"
- 6. *Tony Mancuso* – 61' 7"
- 7. *Wade Tift* – 61' 6"
- 8. *Brian Ruziecki* – 61' 0"
- 9. *Sam Lightbody* – 60' 8.5"
- 10. *Ryan Andrews* – 60' 1.5"

Top 10 Discus High School

- 1. *Scott Moser* – 213' 11"- #1 All-time CA
- 2. *Bo Taylor* – 213' 7"- #2 All-time CA
- 3. *Ethan Cochran* – 209' 8" #7 All-time CA
- 4. *Sam Lightbody* – 195' 11"
- 5. *Brian Ruziecki* – 191' 6"
- 6. *Marty Taylor* – 190' 4"
- 7. *Cecil Whiteside* – 187' 9"
- 8. *Kaleaph Carter* – 186' 2"
- 9. *Steve Michaelsen* – 185' 1"
- 10. *Eki Faagai* – 183' 0"

Top 5 Discus / Shot High School

- | | |
|------------------------------------|------------------------------------|
| ➤ 1. <i>Cara Heads</i> – 149'5" | ➤ 1. <i>Gina Heads</i> – 47'5" |
| ➤ 2. <i>Kate Ciarelli</i> – 148'8" | ➤ 2. <i>Leslee Briggs</i> – 41'11" |
| ➤ 3. <i>Alana Faagai</i> – 147'5" | ➤ 3. <i>Laura Wilson</i> – 41'2" |
| ➤ 4. <i>Gina Heads</i> – 146'1" | ➤ 4. <i>Cara Heads</i> – 40'6" |
| ➤ 5. <i>Maryn Ciarelli</i> – 136' | ➤ 5. <i>Lia Rousset</i> – 38'5" |

Open Athletes

- **Rutger Smith** - 3 time Olympian
3 Time World Medalist shot/discus
- **Seema Antil** - 2 Time Olympian, discus
- **Cara Heads** - 2000 Olympian, Weightlifting
- **Brian Blutrieck** - 1992 Olympian, discus
- **Carl Brown** – 2003 National Champion
2 Time World team, discus
- **Nick Petrucci** - 2003 World team, discus

SPORT TRAINING PREPARATION

- General Physical Preparation
 - A means of all around development of the athlete
- Specific Preparation Exercise
 - Serves to activate the functions and body systems from which the main sports movements depend
- Specific Developmental Exercise
 - They have specific criteria and must duplicate various aspects of the competitive event

GENERAL PHYSICAL PREPARATION

- All-round development of the athlete
- The functional systems of the body are activated
- Increase in general work capacity
- Increase in general coordination
- Actions do not resemble competitive movements
 - i.e.. Squats, bench, sit-ups, press etc.

SPECIFIC PREPARATION EXERCISE

- These exercises repeat the competitive exercise in its separate parts
- They use the same muscle groups and timing in their execution
- The work serves to activate the functions from which the main sports movements depend
 - i.e.. Cleans, snatch, jumps, med-balls etc.

SPECIFIC DEVELOPMENTAL EXERCISE

- Specialized exercises have a direct correlation to the sports movement
- They must duplicate various aspects of the competitive event
 - For example, Biomechanical structure, Energy source, Range of motion in which strength is displayed

TRANSFER OF TRAINING

- The number of exercises used in each consecutive cycle of developing sports form depends on the tasks to be accomplished.
- The transfer effect depends not only on the number of exercises, but on their “newness” and the strength of their effect which should be greater in each consecutive cycle
- This makes it possible to achieve a new level of adaptation, which should increase the sports result and transfer of training

PROGRAMMING

- WHAT IS YOUR GOAL?
- SIZE – STRENGTH – FITNESS?
- YOU HAVE TO PLAN TO SUCCEED
- POST-SEASON
- OFF-SEASON
- PRE-SEASON
- IN-SEASON

Where to Start

- You must have a four year plan
- You must have a one year plan
- You should have a plan for your beginning athletes
- You should have a plan for you advanced athletes
- You need to be able to adjust your plan

TRAINING PLANS

- Long term plan – 4 year
- Yearly plan
- Cycles – Macro, Meso, Micro
 - Macro – OFF-SEASON, PRE-SEASON ETC.
 - Meso – CYCLES WITHIN SEASON
 - Micro – WEEKS/DAYS

The four year plan

- The first year is the base for everything that comes after
- Technique
- Work
- Dedication

Four year plan / Technique

- Technique is first and foremost
- Technique in doing drills
- Technique in the ring
- Technique in the weight room
- All movement forward must be based on Technique
- They must understand that Technique is everything

Four year plan / Work

- They have to learn how to work
- Work capacity has to be increased each year
- Work on Technique
- Work on focus
- Work on strength
- Work on winning

Four year plan / Dedication

- They have to become their event
- Nothing can be forced, it must be learned to come from within
- Pride in the program/Event
- Alpha athlete

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First & Second Year

- Increase work capacity and coordination, basic physical fitness
- Drills, Drills, and more drills
- Throw competition and lighter weight implements
- Basic lifting programs in the weight room

Transition to years 3 & 4

- Some things never change – warm-up
- Each new season includes drills and basic fitness movements
- As competence improves most of the throws taken in practice need to be full throws, more throws with heavy implements
- More understanding of what makes the implement go far
- More advanced programs in weightroom

Increasing work capacity

- Hurdle drills
- Running drills – skipping, “A” step, running ropes, jumping ropes
- Med ball drills / throws
- Stretching
- Running – hills, stadiums, sprints
- Calisthenics

Weight room

- Basic programs to increase size and strength
- Never move forward until complete competence is shown in every step
- Technique is always more important than strength
- Remember four years

Throwing

- Use competition weight and light weight implements to teach the movement
- Throw into walls/nets to take away the desire to see distance, make them concentrate on technique
- 1000s of throws in practice for 1 throw in competition
- Start with stands and move back through the ring as they show competence

Throwing Drills

- 100 times to create a bad habit, 1000 times to break a bad habit
- Spend time teaching it right
- Spend time making sure they do it right
- Never get bored doing drills
- Make them understand “there is no right way to do the wrong thing”
- Perfection of movement – “kata”

BLOCK PERIODIZATION

Basic principle of BP

- Do not train concurrently;
train in sequence
- Follow the sequence :
*basic abilities → more specific
abilities → tapering*

Benefit of BP

Division of the annual
season into smaller and
more manageable intervals
increases training's effect

Questions

- Should many abilities be
trained at the same time?
- What is the optimal
sequence of these abilities
development in a season?

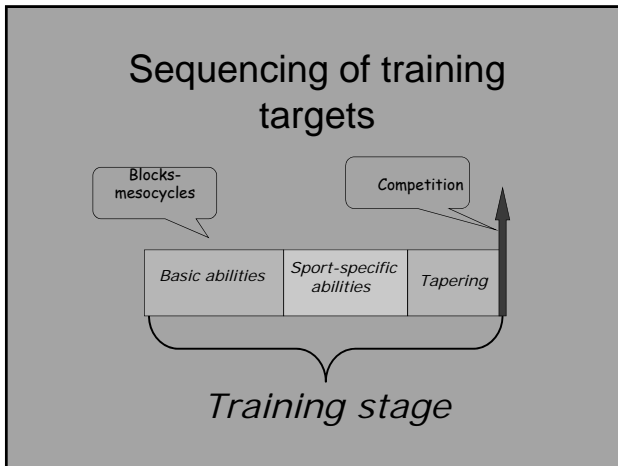
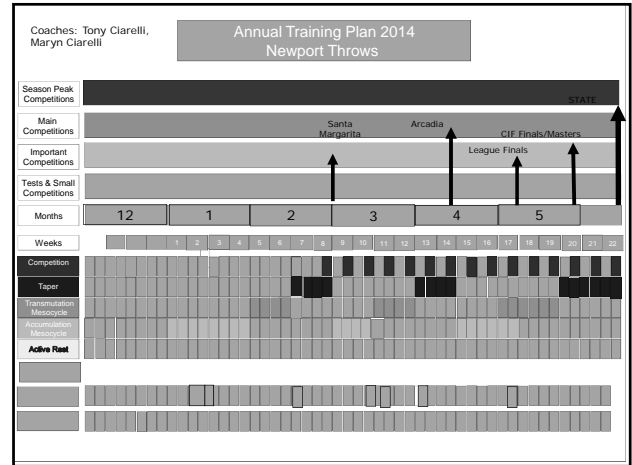
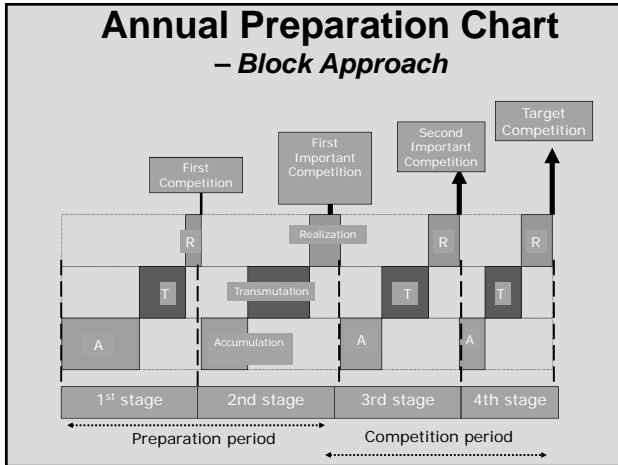
Facts:

- Simultaneous development
of many abilities decreases
effectiveness of training
- Body cannot simultaneously
adapt to many training
stimuli

Taxonomy of blocks-mesocycles

<u>Types</u>	<u>Abilities-targets</u>
Accumulation	Basic motor and technical abilities: aerobic endurance, muscular strength, basic coordination...
Transmutation	Specific motor and technical abilities: anaerobic endurance, strength endurance, proper technique...
Realization	Integrative preparedness: maximal speed and quickness, event specific readiness...

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Recommendation:

The mesocycles' duration in competitive period is usually shorter than their duration in the preparation period

Rationales:

- The blocks-mesocycles of the preparatory period take more time to accomplish the morphological and physiological changes after the partial loss of adaptation in the transition period;
- competitive stress shortens the training residuals, which should be renewed in the subsequent mesocycle

Terminology

Residual training effect:

- retention of changes in the body state and motor abilities after the cessation of training beyond certain time period

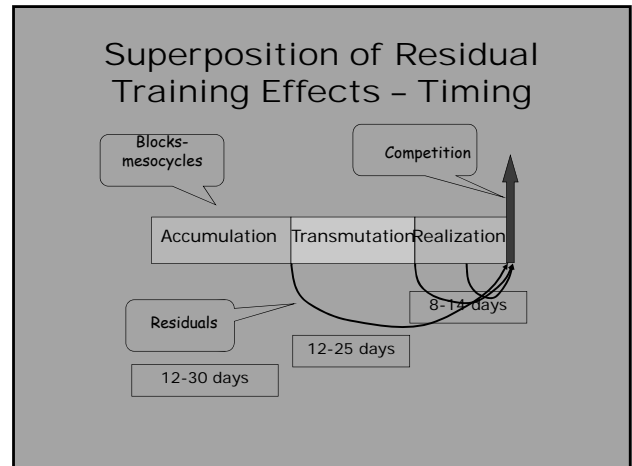
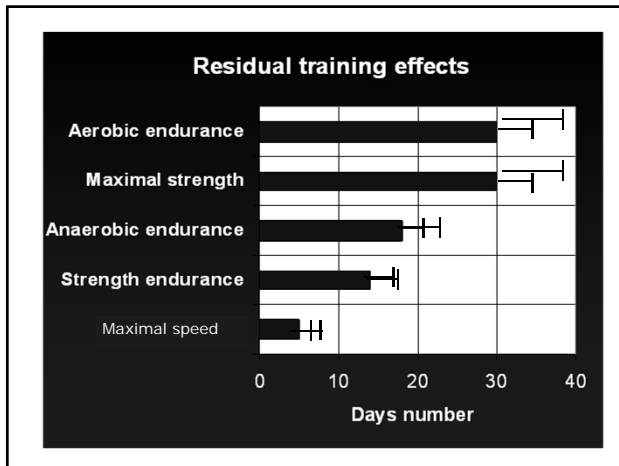
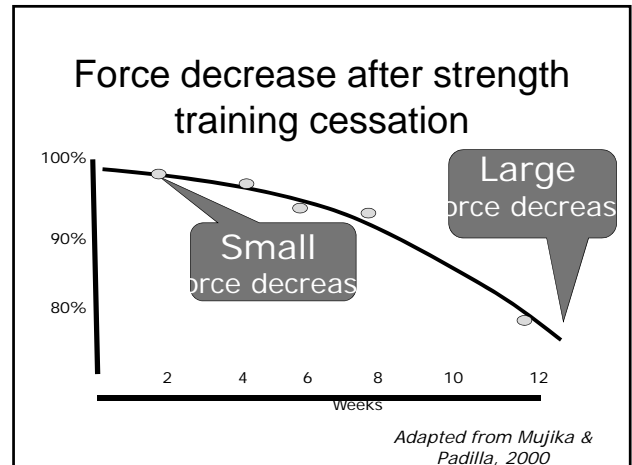
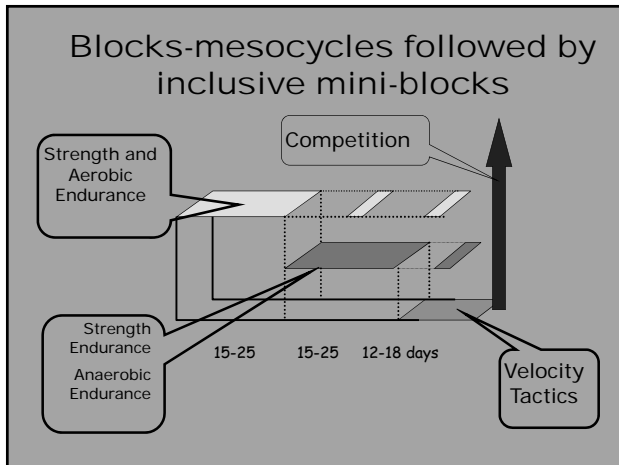
Recommendation:

The residual effect can be prolonged by means of inclusion of the supporting mini-block of highly concentrated workloads

Rationale:

- The supporting mini-block produces strong stimulus to reduced ability and prevents its further decrease and partial detraining

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- Basic yearly workout**
- 6 to 8 week Accumulation phase
 - Base lifts 4-6 sets / 6-10 reps
 - Sport special work – 2 to 4 lifts heavy
 - Drills/throws – heavy/comp weights
 - 2 to 4 week Transmutation phase
 - Speed strength lifts 4-6 sets / 1-3 reps
 - Sport special work – 2 to 4 lifts speed
 - Drills/throws – heavy/comp/light weights
 - 2 to 3 week Realization phase

- 2014 Early Accumulation Phase**
- Mon/Wed/Fri
 - Slow clean pulls from deficit – (100/5)5
 - Squats – 60/5, 70/5, (80/6)6
 - Bench – 60/5, 70/5, (80/6)6
 - Hypers + DB Row – 4 x 10
 - Roman Chair Sit-ups – 4 x 10 w/weight
 - Flys – 4 x 10
 - Barbell Trunk Twist – 4 x 10
 - Curls – 4 x 10
 - Bulgarian Bag Swing – 4 x 10

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2014 Early Accumulation Phase

- ↘ Tues/Thurs
- ↘ Hang Sn + PPBN + OVHD Sq - (50/5)5
- ↘ Hang CL + Fr Sq + Push Press – (50/5)5
- ↘ Shrugs – (100/10)5

2014 Late Accumulation Phase

- ↘ Mon/Wed/Fri
- ↘ Clean, 50/5, 60/5, 70/5, (80/5)3-5
- ↘ Squat, 60/5, 70/5, (80/5)3-5
- ↘ Bench, 50/5, 60/5, 70/5, (80/5)3-5
- ↘ 6k shot punch into wall 5 x 5
- ↘ Bulgarian sit-ups 3 x 10
- ↘ Seated barbell good morning 3 x 10
- ↘ Barbell trunk twist 3 x 10

2014 Accumulation Phase

- | | |
|-------------------|------------------|
| ↘ Shot | ↘ Discus |
| ↘ 15lb x 10 stand | ↘ 3K x 10 stand |
| ↘ 15lb x 5 full | ↘ 2K x 5 full |
| ↘ 6K x 5 full | ↘ 1.75K x 5 full |
| ↘ 12lb x 5 full | ↘ 1.6K x 5 full |
| ↘ 6K x 5 full | ↘ 1.75K x 5 full |
| ↘ 15lb x 10 stand | ↘ 3K x 10 stand |
| ↘ Drills | ↘ Drills |

2014 Transmutation Phase

- ↘ Mon/Wed/Fri
- ↘ Clean+Clean grip snatch
– {(90+/1)3 + (50/5)2}2
- ↘ Squat+Depth jump
– {(90+/1)3 + 3 x 8 1M}2
- ↘ Bench+Box pops
– {(90+/1)3 + 3 x 6 box pops}2
- ↘ Bulgrain bag Hammer Swings 3 x 10
- ↘ 20K Power bag throws 5 x 10
- ↘ Landmine twist 5 X 5

2014 Transmutation Phase

- | | |
|-------------------|-------------------|
| ↘ Mon-Fri | ↘ Mon-Fri |
| ↘ Discus | ↘ Shot |
| ↘ 2K x 10 stand | ↘ 14lb x 10 stand |
| ↘ 1.75K x 5 full | ↘ 6K x 5 full |
| ↘ 1.6K x 5 full | ↘ 12lb x 10 full |
| ↘ 1.4K x 5 full | ↘ 5K x 10 full |
| ↘ 1.6K x 5 full | ↘ 12lb x 10 full |
| ↘ 10lb x 10 stand | ↘ 14lb x 10 stand |
| ↘ Drills | ↘ Drills |

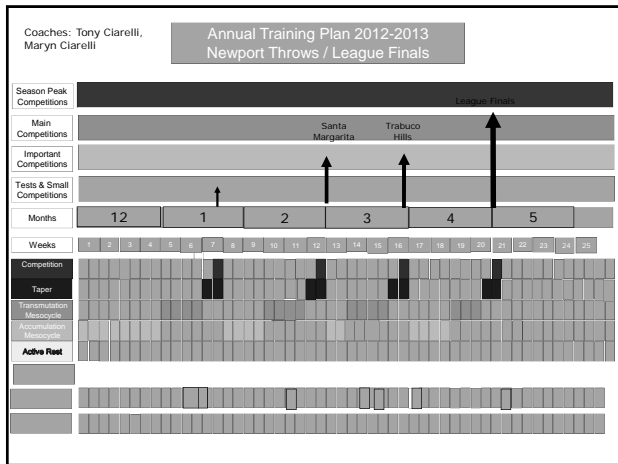
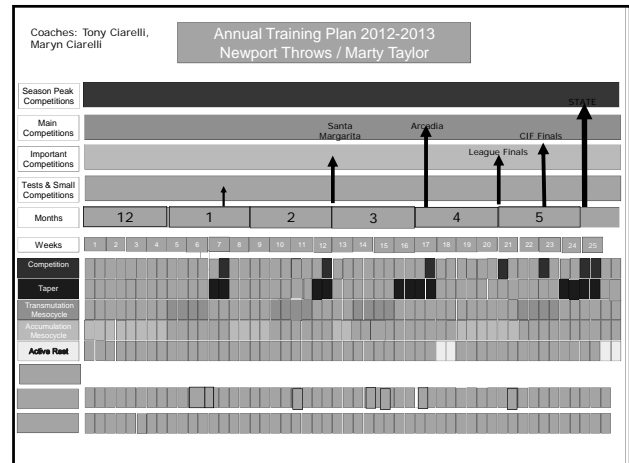
2014 Realization Phase

- ↘ Everyday
- ↘ Hang CI grip Snatch 50/5, (60/5)3
- ↘ Push Jerks 50/5, (60/5)3
- ↘ 32K Kettlebell squat jumps 5 x 5
- ↘ Stone/med ball double arm punch 5 x 5
- ↘ 6K Shot slams 5 x 5
- ↘ Indian club roman chair twist 3 x 5
- ↘ Depth Jump .50 Meter 3X10 (Mon/Thur)

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2014 Realization Phase

- ↘ Everyday
- ↘ Shot
 - ↘ 12lb x 5 stand
 - ↘ 11lb x 5 full
 - ↘ 10lb x 5 full
 - ↘ 9lb x 5 full
 - ↘ 10lb x 5 full
- ↘ Discus
 - ↘ 1.6K x 5 full
 - ↘ 1.5K x 5 full
 - ↘ 1.4K x 5 full
 - ↘ 1.5K x 5 full



TONY CIARELLI'S OLYMPIAN THROWS AND WEIGHTLIFTING CLINIC

- ↘ SATURDAY FEBRUARY 22nd 9:00 AM TO 5:00 PM
 - NEWPORT HARBOR HIGH SCHOOL
 - COME LEARN FROM THE BEST
 - ↘ **MAC WILKINS** '76, '80, '84, '88 OLYMPICS - DISCUS
 - ↘ **RUTGER SMITH** '04, '08, '12 OLYMPICS - SHOT/DISCUS
 - ↘ **JASON TUNKS** '96, '00, '04 OLYMPICS - DISCUS
 - ↘ **SEEMA ANTIL** '04, '12 OLYMPICS - DISCUS
 - ↘ **LIEJA TUNKS** '00, '04 OLYMPICS – SHOT PUT
 - ↘ **JARED ROME** '04, '12 OLYMPICS - DISCUS
 - ↘ **IAN WALTZ** '04, '08 OLYMPICS - DISCUS
 - ↘ **CARA HEADS** '00 OLYMPICS - WEIGHTLIFTING
 - ↘ **STEPHANIE CIARELLI** USA JUNIOR WORLD TEAM HEAD COACH – WEIGHTLIFTING
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Thank You

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