

Assorted Thoughts on Strength and Athletic Training For Throwers

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The Interactive World of Biomotor Abilities

- Non-isolation Policies
 - Speed
 - Strength
 - Skill
 - Stamina or work capacity
 - Suppleness
- Over Development Problems
- Block Scheme Periodization Issues

Strength Development Factors

- Skill Factors
 - General skill efficiencies are a window to event specific idiosyncrasies
 - Specific skill efficiencies are a window to specific physiological qualities
- Injury Factors
 - Prevention or Prehab
 - Rehabilitation
 - Fulcrum
 - Proximal-distal reactions
 - Chains of recruitment
 - Guarding and sub-recruitment patterns
 - Proprioceptors and motor re-education

Strength Development Factors- Continued

- Absolute
- Inertial/isometric moment
- Striking
- Amortization
- Elastic
- Stabilization
- Power
- Muscle balance
 - Contralateral
 - Ipsilateral

SDF-2

- Balance
 - Static
 - Dynamic
 - General
 - Specific
- Rotational specific issues
 - T-10/T12
 - Hip and shoulder axis undulation and oscillation
- Neuromuscular Factors
 - Rate coding
 - Frequency of firing
 - Synchronization
 - Pre-firing/ firing phasics, the role of the collagen matrix
 - switching

SDF-3

- Central nervous system
 - Chemistry
 - Biophysics
 - Alternative communicative pathways
- Biochemistry
- Work capacity
- Volitional qualities
- Cardio-pulmonary influences

Methodologies

- Overload Theory
- Compensation factors
 - Stimulus
 - Adaptation
 - Stabilization
 - Actualization
- Environmental methods
 - Wind
 - Temperatures
 - Sociological
 - Physiological states
 - Psychological
- Specific methods
 - Weight apparatus
 - Projectile apparatus
 - Specific apparatus

Ancillary Schemes

- Plyometrics
 - Horizontal
 - Vertical
 - Loaded
- Running
 - Normal
 - Stressed
 - Recovered
 - Exaggerated
 - Sprint isolation exercises
 - Adaptive muscle exercises
- General strength exercises
 - Body weight circuits
 - Apparatus circuits
- Medicine ball series
 - Range of motion and symmetry
 - Short arc
- Multiple throw series
 - Classic
 - Plyometric Switching

Training Theory Factors

- Volume
 - Systematic progressions
 - Competition readiness drops
- Intensity
 - Correct values for given tasks and durations
 - Greatest indicator of injury or chemical depletion factors
- Density
 - Overlooked factor for the aging athlete
 - Must be factored in all tapering
- Compatible/complimentary issues
 - Daily
 - Weekly
 - Phases
 - Yearly
