

Kung Fu Throwing - Developed by Mike Caldwell & Lou Burress

(Comfort Distance = 10-15 yards),(Each # of throw is per partner)

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| <p><u>I – Warm Up - MAKE SURE TO PIVOT</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Warm up lap<input type="checkbox"/> 10 Yards<ul style="list-style-type: none"><input type="checkbox"/> 25 forehands<input type="checkbox"/> 25 backhands<input type="checkbox"/> 25 hammers<input type="checkbox"/> 20 yards<ul style="list-style-type: none"><input type="checkbox"/> 25 forehands<input type="checkbox"/> 25 backhands<input type="checkbox"/> 25 hammers<input type="checkbox"/> 30 yards<ul style="list-style-type: none"><input type="checkbox"/> 25 forehands<input type="checkbox"/> 25 backhands<input type="checkbox"/> 25 hammers<input type="checkbox"/> Comfort Distance<ul style="list-style-type: none"><input type="checkbox"/> 25 lefty forehands<input type="checkbox"/> 25 lefty backhands<input type="checkbox"/> 25 lefty hammers<input type="checkbox"/> Stretch 5-10 minutes<ul style="list-style-type: none"><input type="checkbox"/> 10 small arm circles (both arms)<input type="checkbox"/> 10 large arm circles (both arms)<input type="checkbox"/> 10 over unders (5 per direction) - <i>Imagine there is a waist-high hurdle to your right that you need to side step over and then go under, back to where you started</i> | <p><u>II – The Kung Fu (Comfort Distance)</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Release point<ul style="list-style-type: none"><input type="checkbox"/> 10 lowest release forehand<input type="checkbox"/> 10 lowest release backhand<input type="checkbox"/> 10 farest release forehand<input type="checkbox"/> 10 farest release backhand<input type="checkbox"/> 10 highest release forehand<input type="checkbox"/> 10 highest release backhand<input type="checkbox"/> Compass throwing - <i>Imagine a compass with your pivot foot at the center. Pivot N and throw. Pivot NE and throw. Pivot E and throw and so on around the compass</i><ul style="list-style-type: none"><input type="checkbox"/> Forehand compass<input type="checkbox"/> Backhand compass<input type="checkbox"/> Forehand compass<input type="checkbox"/> Backhand compass<input type="checkbox"/> Rinky-dink.<ul style="list-style-type: none"><input type="checkbox"/> 100 throws at a distance of 2-yards. No re-gripping after catch.<input type="checkbox"/> IO/OI<ul style="list-style-type: none"><input type="checkbox"/> 10 forehand IO<input type="checkbox"/> 10 backhand OI<input type="checkbox"/> 10 forehand OI<input type="checkbox"/> 10 backhand IO |
| <p><u>III – The Huck</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Stationary Huck<ul style="list-style-type: none"><input type="checkbox"/> 10 forehand<input type="checkbox"/> 10 backhand<input type="checkbox"/> Run, Catch, Huck<ul style="list-style-type: none"><input type="checkbox"/> Put the disc out in front of you, catch, huck. Simulates an upline pass from a teammate.<input type="checkbox"/> 10 forehand<input type="checkbox"/> 10 backhand | <p><u>IV – Pivoting and Focus (Comfort Distance)</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Fake, pivot, throw (Pivot to comfort, imagine having a 50% mark)<ul style="list-style-type: none"><input type="checkbox"/> 10 forehand fakes → backhand throws<input type="checkbox"/> 10 backhand fakes → forehand throws |

Part V – Static Stretching

Do it. All the recent press about in effectiveness of stretching has to do with the effects of stretching before working out. The science on stretching after is still solidly pro-stretching.