

HMM

MIR

MEDIA

Essential Needs:

FINDING SPECIFIC
STRENGTH FOR
THROWING

HMM

»

What is
specific strength?

MEDIA



EXERCISE CLASSIFICATION

SPECIFIC STRENGTH



HMM

»

The benefits of
specific strength

MEDIA



get **stronger**

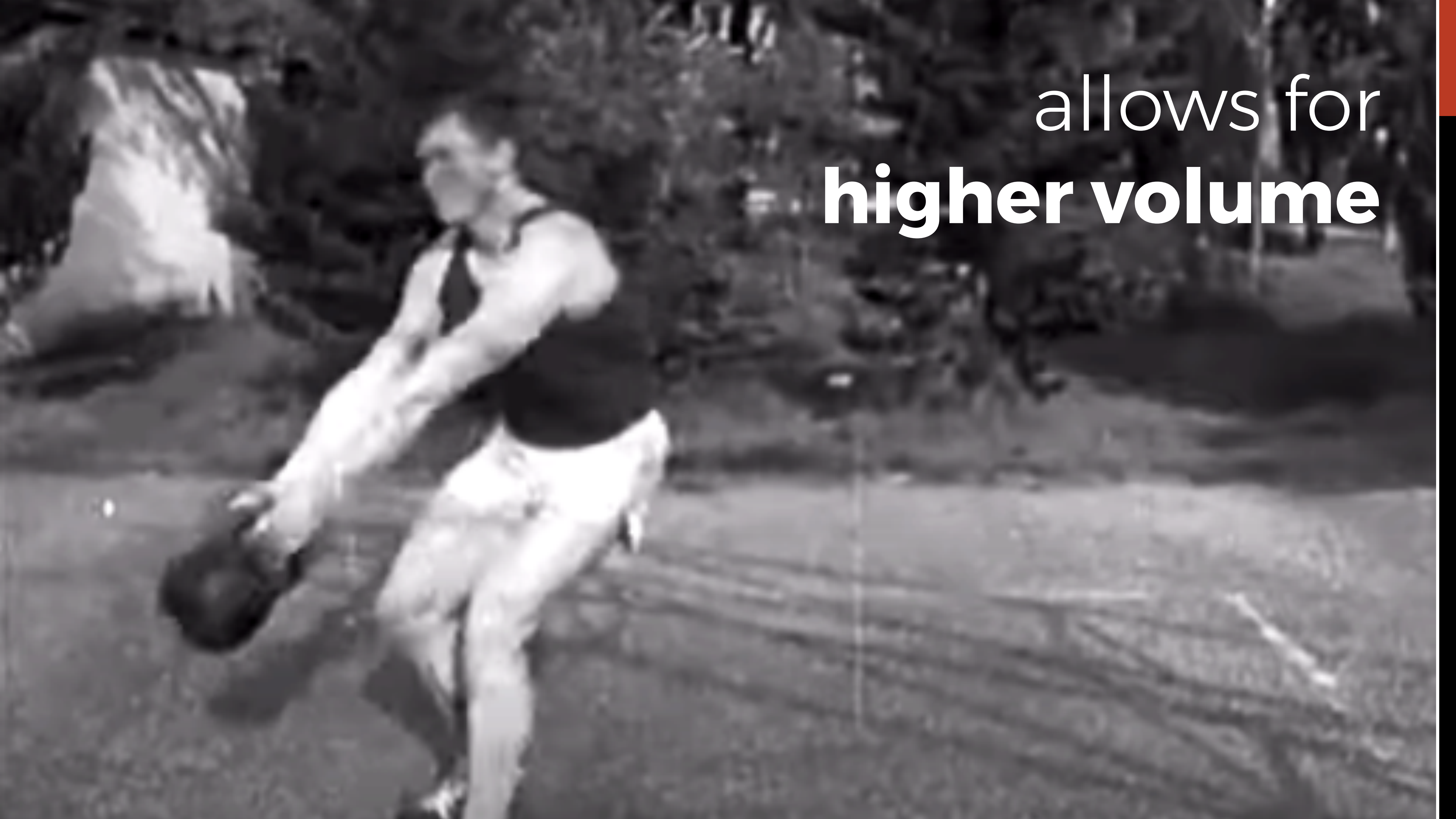


variation prevents
accommodation



variation promotes
motor learning

allows for
higher volume





a tool for
developing technique



connect
the dots

transfer of training



HMM

» Implementing in
training

MEDIA



Similar is not
the **same**



define the **key moments**



define the **key moments**



define the
key factors



define the
key issues

A man in a blue athletic shirt and black leggings is standing in a gym, holding a large blue inflatable ring. He is looking directly at the camera. The gym has a grey floor with white lines, wooden benches, and various exercise machines. A woman is sitting on a bench in the background. The walls are light green and have large windows on the left side. The ceiling has recessed lighting.

create a
learning **environment**



create a
learning **environment**

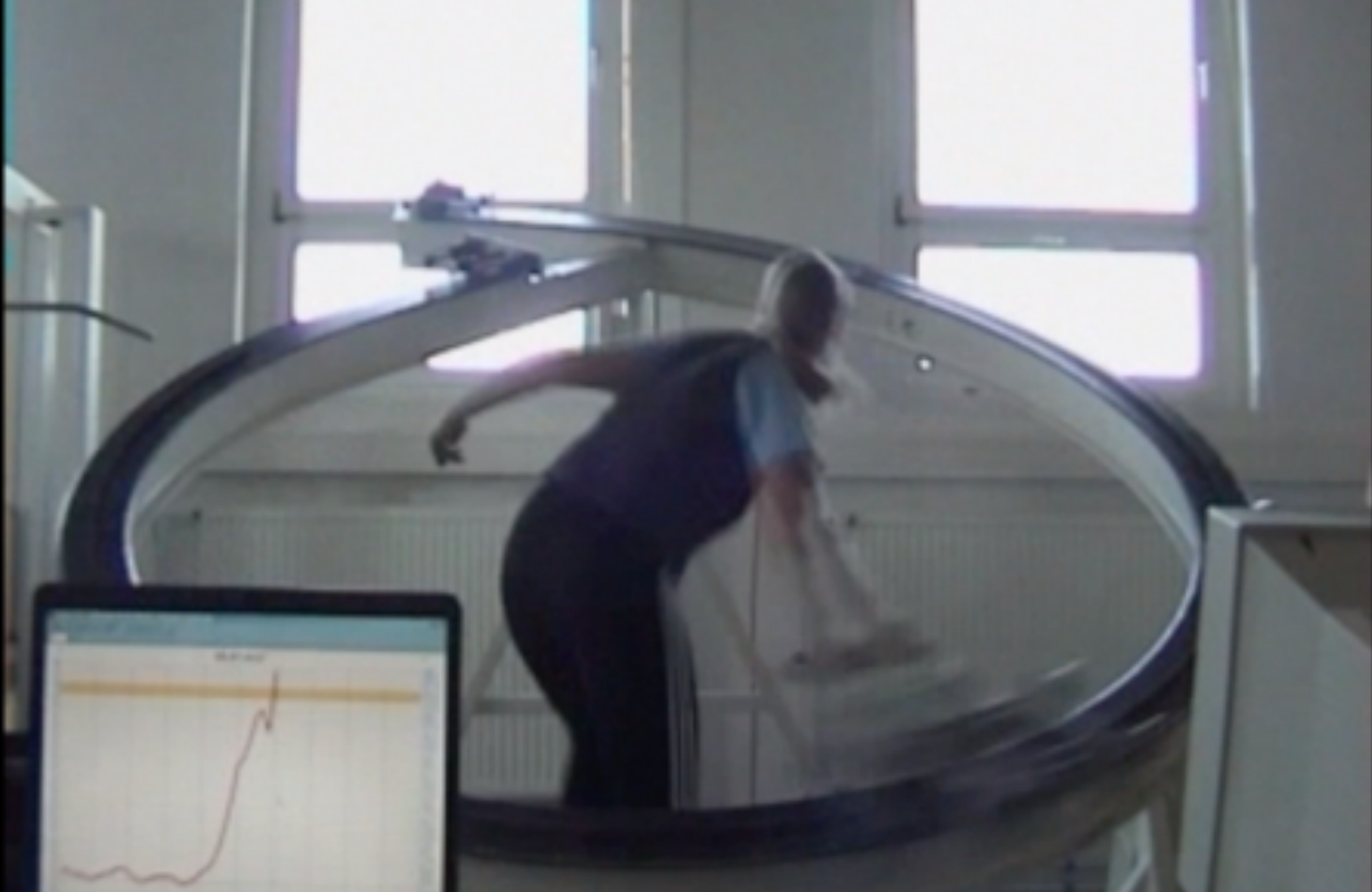
A man in a grey tank top and red pants is standing in a gym, holding a pink ball with both hands. He is looking to his right. In the foreground, a large green exercise ball and a small brown dumbbell are on the floor. The background features a blue wall with a grid pattern and orange dots, and a white wall to the right.

create a
learning **environment**

with **great power**
comes **great**
responsibility









throw
first

HMM

»

Take it to the
next level

MEDIA



EXAMPLE: PROGRESSIONS

Progressing the categories:

- Preparatory → Strength → Speed
- Skill → Drill → Chaos
- 1D → 4D





Creating **multi-dimensional** exercises:

- **Technical/coordination:** develop balance and rhythm through altered environment
- **Mental:** create a challenge to help focus
- **Physical/strength:** specific strength overload
- **Emotional:** competitive challenge



SPECIFIC STRENGTH FOR THROWING

LEARN MORE



Homepage: <http://www.hmmrmedia.com/>



Twitter: <http://www.twitter.com/hmmrmedia/>



Facebook: <http://www.facebook.com/hmmrmedia/>



Podcasts: <http://www.hmmrmedia.com/podcast/>
<http://www.hmmrmedia.com/gaincast/>