

COACHING POINTS.

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Todays lesson is Highly Visual



When we look at the same thing, do we see the same things?

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COACHING POINTS

Study the Best. Compare the Best to the Best. Compare the best to your athletes. Compare HS to HS. Compare good throws to bad throws. Compare similar Angles



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| COACHING POINTS. Compare the Best to the Best. Shot Spin Shot Glide Discus | ADETE | |
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| COACHING POINTS | | |
| Study the Best. Compare your Throwers against themselves | | |
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| TIPS. What you see is what you coach: Review Video often Show your throwers their video They Do better. Tripod and Holder. I use iPad and holder by Makayama | | |
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Module 7 Homework



- 1. Check out our YouTube page...
- 2. Thanks for the Feedback. Please post it on our Facebook page.
- 3. Do lots of comparisons
- 4. Get a Video analysis app if you don't have one... I like Coache's Eye.

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