



In the Sector

The Official Newsletter of the NTCA

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Any Comments or Suggestions email to mharsha@verizon.net

Upcoming Events

6th Annual NTCA National Conference

November 10-12

[Click Here for More Information](#)

Message from the President: The National Throws Coaches Association is an organization dedicated to promoting the throwing events at all levels of instruction and competition. Based in Palm Desert, California, the NTCA and its worldwide coordinators work tirelessly as advocates for throwing event coaches and athletes – including the development of exceptional educational materials, conducting instructional clinics, and honoring those individuals who have served the throwing events in an extraordinary manner in their careers as either a coach or an athlete. Please enjoy this newsletter and we hope to see all of you in November at our Annual Conference & Clinic in Dublin, Ohio.

Rob Lasorsa

Excerpt of Article of the Month: Progressions on Rotational Shot Putting

Goal One: Shot grip and placement

- Holding the shot
 - The shot is held at the base of the fingers not the palm
 - The fingers are slightly spread apart with the thumb for support.
 - The hand will be bent back in the cocked position when holding the shot. It looks like you are carrying a pizza.
- Neck placement
 - Raise the shot above your head
 - Lower the shot straight down until it is under your ear
 - Push the shot into your neck
 - Lift your elbow parallel to the floor. Don't squeeze your elbow towards your back
 - Check to see that your thumb is pointing down towards your clavicle
 - The palm should be pointing towards the throwing direction



[Members Click here for entire article](#)

Drill of the Month with description

Half Turns



[Click on Video to Play](#)

Half Turns – Use for pivoting at the center of the ring.

- The thrower will start with the right foot in the middle of the ring pointing at 10 o'clock and the left foot is placed where it would be in a full throw
- The head is up looking at the throwing direction and the belly is pushed forward with the shoulders back
- The thrower will complete a reverse 180 concentrating on driving off the left foot and bringing both knees together (cue knee to knee)
- The left foot will land in the front of the ring
- It is critical that the right foot does not stop turning and the left foot stays inline with the body of the thrower. Do not allow the left foot to sweep out wide.

Membership Advantages

Annual subscription to the Long & Strong Throwers Journal

NTCA T-Shirt

NTCA Annual Conference and Clinic at a discounted price

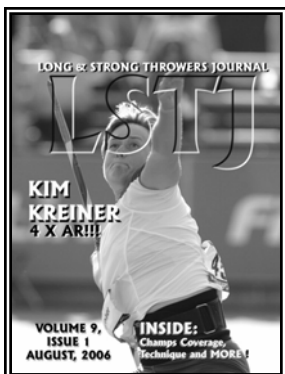
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NTCA Official Publication



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Around the Circle and Down the Runway