



THE THROWER'S COMMANDMENTS



1. Thou shalt make the most of each practice, and each practice attempt. Know what you want to achieve before each session, each throw.
2. Thou shalt practice visualization. Mental rehearsal is the foundation for physical execution.
3. Never turn your back on the ring! You run the risk of death or decapitation if you do!
4. Thou shalt set goals, and have a plan to achieve them. Incremental improvement leads to long-term success.
5. You can learn a lot more from a 150' thrower than a 200'er. Emulate those who get the most from their ability, not necessarily those with the most ability.
6. All screwed up? Back to the BASICS when faced with major technique problems, revert back to the basics. Rely on fundamentals and drills to get you through.
7. Thou shalt want instructional videotapes. The best way to develop a concept of how you want to throw.
8. Thou shalt be conditioned. Fatigue in the ring can make the difference. Physical condition will determine mental concentration levels.
9. Thou shalt stop when fatigue sets in. Don't take 60 throws when you feel yourself tiring after 40. Muscle fatigue leads to overcompensation and in turn, technique breakdown.
10. Thou shalt have fun! Work hard, encourage your teammates, and success will follow.