Probst, J.

**A question of balance: The importance of balance & control in the discus throw**

*Track Coach 44 (2006), 3, pp. 15-19*

Although elite discus throwers differ greatly from each other, they all have one common characteristic: they are all able to maintain balance within the circle. As it is a linear motion that is combined with a quick $1\frac{1}{2}$ turns while the implement is carried, the discus throw demands perfect balance. Most of the younger athletes learning the event have problems in this area. The author explains how the loss of balance occurs, how the coach can identify possible causes and what methodological approach and drills are needed to develop good balance. If a beginner can learn to maintain balance he/she will have fewer problems learning other technical details.

McAtee, G; Larry, W.

**Implement selection and training design in the hammer throw**

*Modern Athlete and Coach 44 (2006), 2, pp. 9-14*

In the hammer throw the development of “correct reflexes” should be a major focus of training. It is only possible to acquire good technique if muscle contractions and relaxations are coordinated and synchronised into an effort of the whole muscle mass. These “reflexes” can be developed by using hammers of different weights and wire lengths. Most throwers use three different types of hammer during their six to eight week training cycles: 1) light hammers, 2) competition weight hammers and 3) hammers that are heavier than competition weight. Light hammers are used for the development of the neuronal system and to develop specific speed. The thrower learns how to master the high turning velocity important for achieving long distances. Heavy hammers are used to train specific strength, the ability to counterattack within each turn and the ability to maintain the force exposure on the ground that is required to accelerate the hammer head. However, throws with heavier hammers can lead to the occurrence of a speed barrier. Throwing hammers with extra weight and/or short wires can disturb a thrower’s competition technique. The thrower who has learned to turn slower has to learn again to turn faster. Therefore it is advisable to throw with competition-like hammers as the athlete comes close to the competition period.
Karpljuk, D.; Videmsek, M.; Stilhec, J.; Kondric, M.

The influence of an experimental training programme on endurance development among school children in their early puberty age

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The authors tried to examine the usefulness and effectiveness of a seven-week training programme designed to develop endurance in children during the sports education process at school. Research was based on a sample of 565 fifth graders from 17 primary schools in the Republic of Slovenia. There were 295 boys and girls assigned to an experimental group and 270 boys and girls assigned to a control group. After the application of the training programme, the results of the final testing showed that, in comparison with the pupils from the control group, the boys and girls from the experimental group achieved statistically significant progress in the 600m run and an adjusted version of a step test.