

Here is a short essay from Joe Donahue on some of the reasons technique 'breaks down'

Go back to where your technique was together or congruent as they say in counseling. At that point work forward again until the technique begins to break down. Here is where you will find the key to begin the analysis. It is not always the most apparent and obvious part. There are 'parts' in a whole technique, but they work in conjunction with the other 'parts'.

If some parts are more advanced than others, the advancement may place too big a load on the weaker parts. The weaker part can be developed but only at the rate and load that the whole system can handle. Without seeing what you are 'doing' it is almost impossible to help without prior coach-athlete understandings. If there are some general areas to be concerned about I would look at the speed of the movement first, and then balance; are you on balance throughout the movement? Intensity of effort from throw to throw and practice to practice may also be a factor. Are you practicing too intensely for too many throws? This can lead to a breakdown in technique. If your technique deterioration continues, do you keep on throwing so as to reinforce the 'bad' technique? Do you have a part of your body that is more advanced in strength than most other parts? If so, it will strain to be used at the expense of other parts. And finally although not meant to be a complete conclusion, are you fit for what you are attempting and is the technique you have chosen fit for you?

"Not everything that can be counted counts, and not everything that counts can be counted."

-- Albert Einstein (1875-1955).-

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