Throws

Add your own throws and setups with your coach's exact cues and responses. Download or use the companion: athleteperformancepress.com/journal-pages/

L = learning | R = reliable in practice | M = reliable in matches

Mark	Throw / setup	Coach's exact cue	If opponent does... / I do...

My setup-to-finish sequence

Setup / tie -> reaction -> throw -> finish; if blocked -> my next option.

My sketch or practice / match example