



## General: Full Court Tows

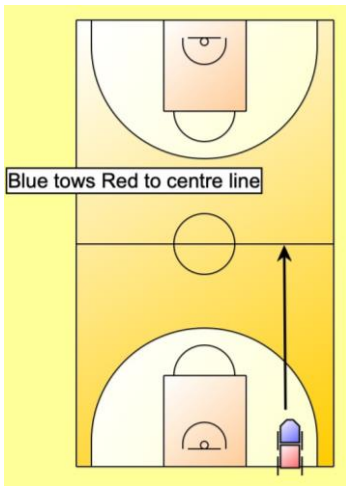


FIGURE 1

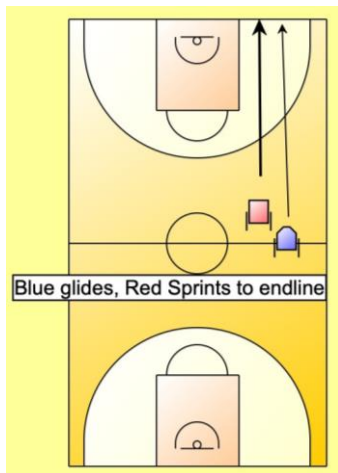


FIGURE 2

**OBJECTIVES:** To develop fast acceleration and fast hand speed.

**Instructions:**

1. Pairs set up one behind the other at the baseline facing forwards. (Figure 1)
2. The partner (towie) behind holds on safely with extended arms to the back seat bar of the player in front (puller/tower). (Figure 1)
3. The player towing (puller/tower) then accelerates with powerful, explosive pushes to the centre line. (Figure 1)
4. At the centre line, the towie releases the puller/tower, and then the towie sprints with maximum hand speed to the endline. The puller/tower glides to the end line. (Figure 2)
5. At the endline, partners switch roles and repeat back down the court.

**Activity Rules / Games Approach:**

- Must start from a completely stopped position.
- At the centre line the towie peels off into open space.

**Coaches Key Points:**

1. Start with the body upright and the shoulders above 1pm on the wheels.
  2. Hands in ready position slightly forward of 12 o'clock.
  3. Thumbs on top of tires pointing forwards, fingers curled under rims.
  4. The first push should be from 1pm to 3pm.
  5. The next pushes are from 12pm to 3pm or 4pm, keeping the head up.
- Keep the shoulders above the push for maximum power.
  - Hands, elbows and shoulders work to apply force in a straight line.
  - Stabilize the upper body and if possible, lean into every push, use hips and legs for stability.
  - Follow through with hands down towards the court.
  - Recover hands straight back to ready position starting point.

**Variations/Loading:**

- Puller/tower can also sprint to develop speed endurance.
- Vary the resistance by having the towie use a feathering technique. hold on to the pullers seat bar with one hand and feather (to varying degrees) with the other hand.
- Vary the resistance by having the towie assist the puller - hold on with one hand and push on one wheel to reduce the resistance.
- Vary the distance of the pull (tow) from 1/4 court to 3/4 court.

**Mental:**

- Concentrate on form and technique while maintaining an internal focus on power and acceleration.
- Using cue words to help with technique and power.