

# Building a Throwing Platform for Multi-Athlete Use

## Simple Throwing Platform

A Simple throwing platform can be built from a 4x8', 1/2" piece of plywood.

### Material Needed

2(1-5/8"x10') sections of Strut U Channel (available at most home depot stores)

16(2.5" X1/2") bolts

16(1/2") Nuts

32 (1/2") flat washers

2(8", 2x6") planks

Box of 1.5" deck screws

### Tools:

Drill with 1/2" wood bit

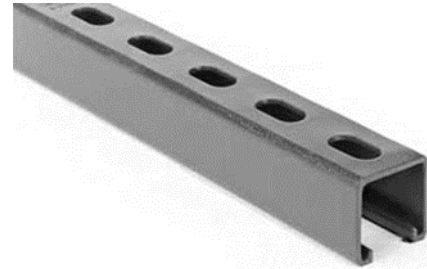
Phillips Screwdriver bit

1/2" socket, ratchet & wrench

- 1) Cut Strut into 2 (6' lengths) and 2 (4' lengths)
- 2) Line-up Strut onto the plywood with the holes down, use a marker to indicate drill where the four holes will be drilled for each length of strut. Remove Strut and drill the holes with the 1/2" bit.
- 3) Place Strut over the drilled holes with the holes in the Strut up. Insert the bolts using one washer on each side, secure with nut.
- 4) Place the 2x6" planks on the underside of the plywood so that they sit inside of the bolts. Affix with screws.

Note: A toeboard or toeboard arc can be added.

Should this platform be used for competition, consideration should be taken that the 2x6' base under the plywood elevates the athletes by 2". If using the platform for competition, a thicker plywood could be used. The platform may need to be pegged into the ground to stop it from moving. This depends on the size of the athlete throwing.



## Easy Portable Practice Platform

Using 2, 8'(2x10") planks, a simple portable throwing platform can be used both indoors and out.

### Materials Needed:

- 2, 8'(2x10") planks
- 1, 8'(2x6") plank
- 1(1-5/8"x10') sections of Strut U Channel (available at most home depot stores)
- 8 (4"x1/2") bolts
- 16 (1/2") washers
- 8 (1/2") nuts
- 28, 2.5" deck screws

### Tools:

- Drill with 1/2" wood bit
- Phillips Screwdriver head
- 1/2" socket, ratchet & wrench

- 1) Cut 2x6 into two 3' sections, you will have one 2' section left which you will also use.
- 2) Cut the 10' strut into 3, 3' sections.
- 3) Measure in 2' from each end of the 2x10, place the Strut, holes down, onto the 2x10 at the 2' measurement. Use the holes of the Strut as a guide leaving 3 holes over hang (outside of the 2x10) at each end of the strut. Mark and drill two holes per 2x10 (4 total for each Strut)
- 4) Affix each strut with four bolts & nuts, using a washer on both top and bottom.
- 5) Flip over the platform. Place the 3', 2x6, 3" in from the end of the 3x10 and screw in place with 5 screws.
- 6) Place the 2' section of the 2x6 at the half way mark of the 2x10. Measure 5' to center. Affix with 4 screws on each side.

Note: If more stability is desired, then use longer than 3' sections of 2/6. A 4x4 piece of plywood can be added to the center of this platform if more surface area is desired by the athlete.





## Other Platform Ideas

4x6' Plywood platform, supported by 2x4" base.  
Chair is affixed using D-Rings

This set-up works well for smaller, younger athletes.



A more complex build but well suited for competition. Note how it includes an arc for measurement.

4x8' platform using double angle iron which is bolted together. The plywood has a finish on it also.



Credit:  
-Document Created by David Greig,  
Greig Sport Development,  
(greigsportdevelopment@gmail.com)

Supporting ParaSport Spokane  
[www.parasportspokane.org](http://www.parasportspokane.org)