

# Lothar Altmeyer: Clinic notes

## Alternative techniques in the shot put

### a) The $\frac{3}{4}$ turn

The  $\frac{3}{4}$  technique is used by some athletes who have problems with the full  $\frac{6}{4}$  technique

It is also used by some gliders to improve their pushing leg and hip movement

With this technique two German girls made it to the top 10 in the world in their age group in 2016



Katharina Maisch, 19 years old, 16,53m (54ft)

## **b) The alternating steps technique**

### The alternating steps technique

- Advantages and disadvantages of the alternating steps technique
- Easier positioning of the right leg
- High efficiency for weaker athletes
- Easy to learn and safe
- Less efficient for powerful and heavier athletes
- There can be a slowing down effect in the transition phase if the swinging leg is too high

### **The alternating steps technique**



**Petra Lammert (Germany, 19,30m, 64ft)**



**c) The walking backwards technique**



- Starting position in a slight stride position
- Start: slight forward leaning and bodyweight on right
- Three steps backwards: left-right-left
- Increasing stride length and speed
- Reaching the power position and landing on the braking leg, you should still look backwards and the back should point in the throwing direction
- Active transition into the main acceleration
- Full extension into the delivery phase with left side block



## Alternative techniques in the discus

### a) The $\frac{3}{4}$ technique



### b) The $\frac{3}{4}$ turn with a pre-acceleration phase



### c) The $\frac{4}{4}$ turn with a starting step







### d) The 8/4 turn

