

GLIDE SHOT PUT:

The Shortest Path to Success

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SPIN TO WIN...?



SPIN TO WIN...?

SPIN

For athletes who are...

Coordinated

Fast

Short/Small

"Athletic"







Boo Schexnayder

@BooSchex



Follow



Common question "my athlete does this wrong, I need a drill to fix it."

Drills are sold in aisle 6 at Lowes. Coaches fix wrong.

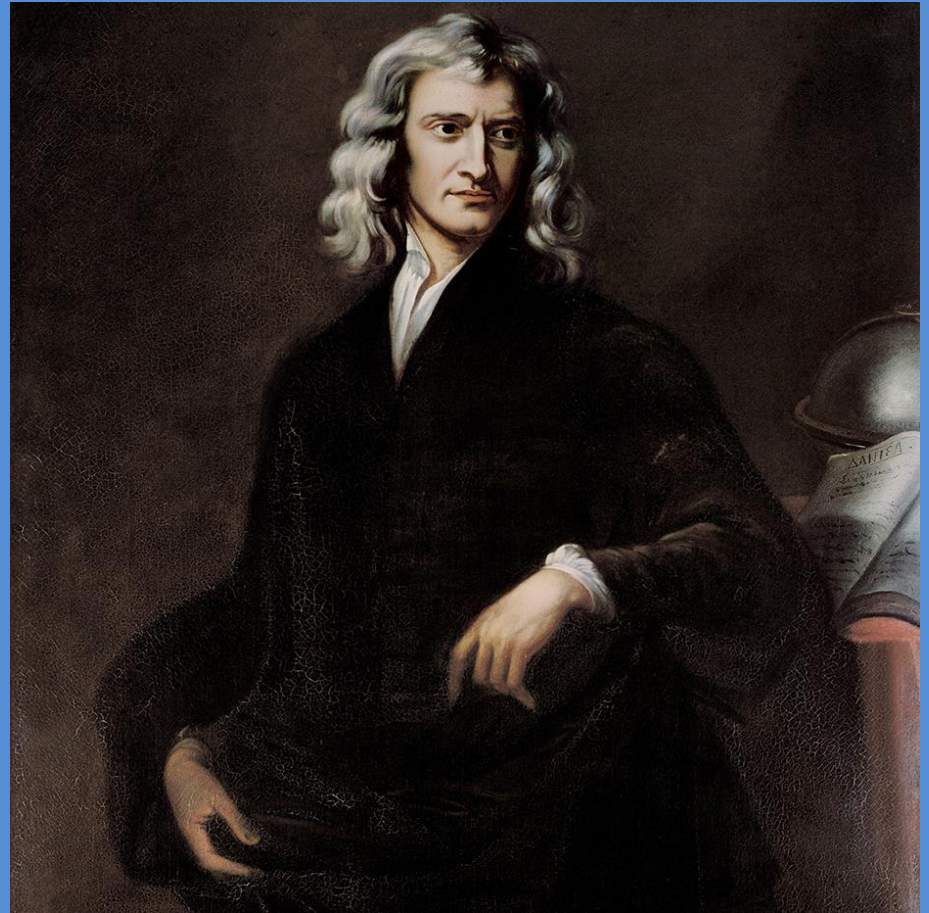
OVERALL GOAL:

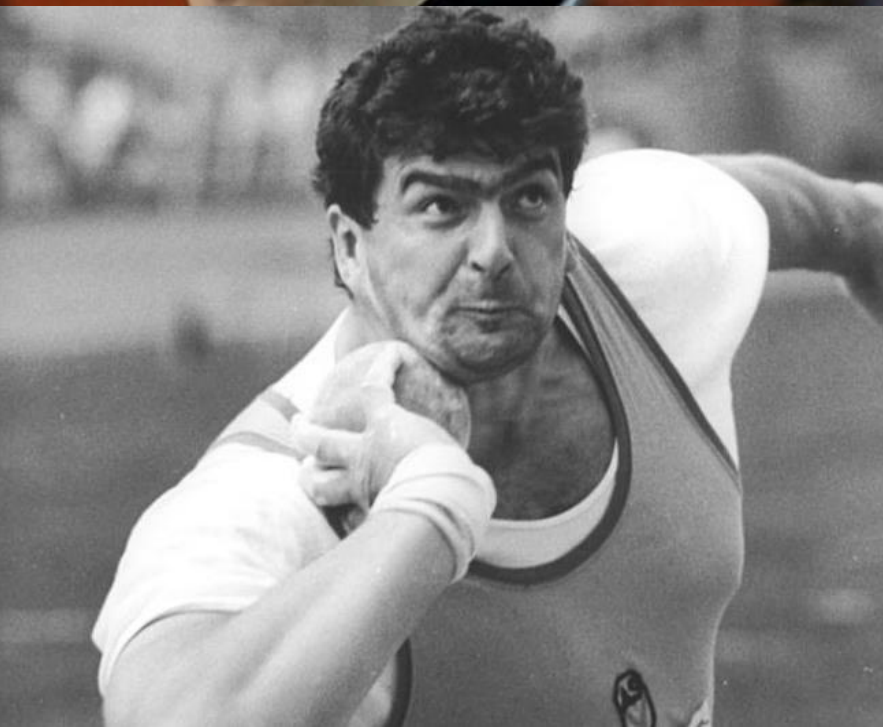
Keep it linear!



KEEP IT LINEAR!

Newton's 1st Law of Motion





OBJECTIVE 1:

*Master the Standing
Throw*





CAN THEY *STRIKE*?

Elbow out

Thumb down

Fingertips

Free arm



SOME “DRILLS”

1. Kneeling presses with free arm action

Progress to:

2. “Free Throws”

3. + Twist

4. + Stagger

5. “Usain Bolts”





UNIVERSI

WHAT TO LOOK FOR: *Setup*

Heel-toe alignment

Wide Base

Left foot closed

Right foot open

Shot behind foot

Head looking back



WHAT TO LOOK FOR: *Strike*

Focal point

"Clear the path"

Right side:

"Lift, then turn"

or "Knee first"

"Finish vertical (like a layup)"

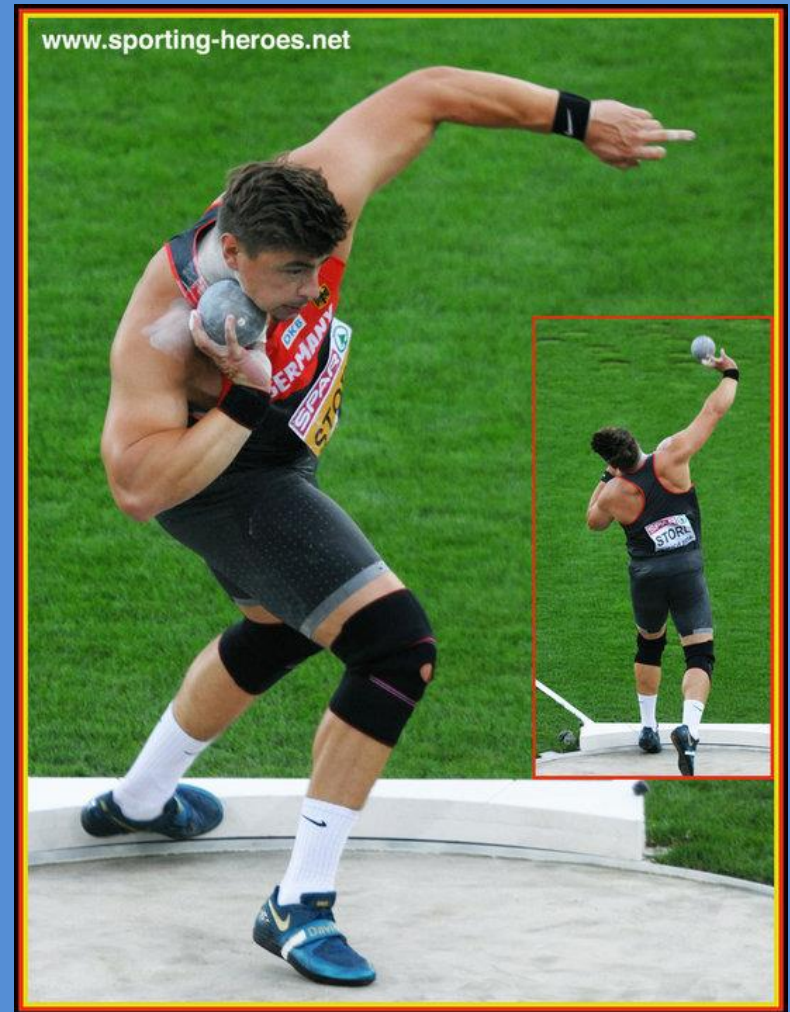


STANDING THROW SIMPLICITY

Competition Ready

Promotes aggression early

Only limited by strength and reps



OBJECTIVE 2:

*Get to the Standing
Throw*





NEW THROWERS ARE WEAK!





NEW THROWERS ARE WEAK

Unseating ("Roller Coaster effect")

Drop Hips & Fall
Drop Hips & Catch
Drop Hips & Kick

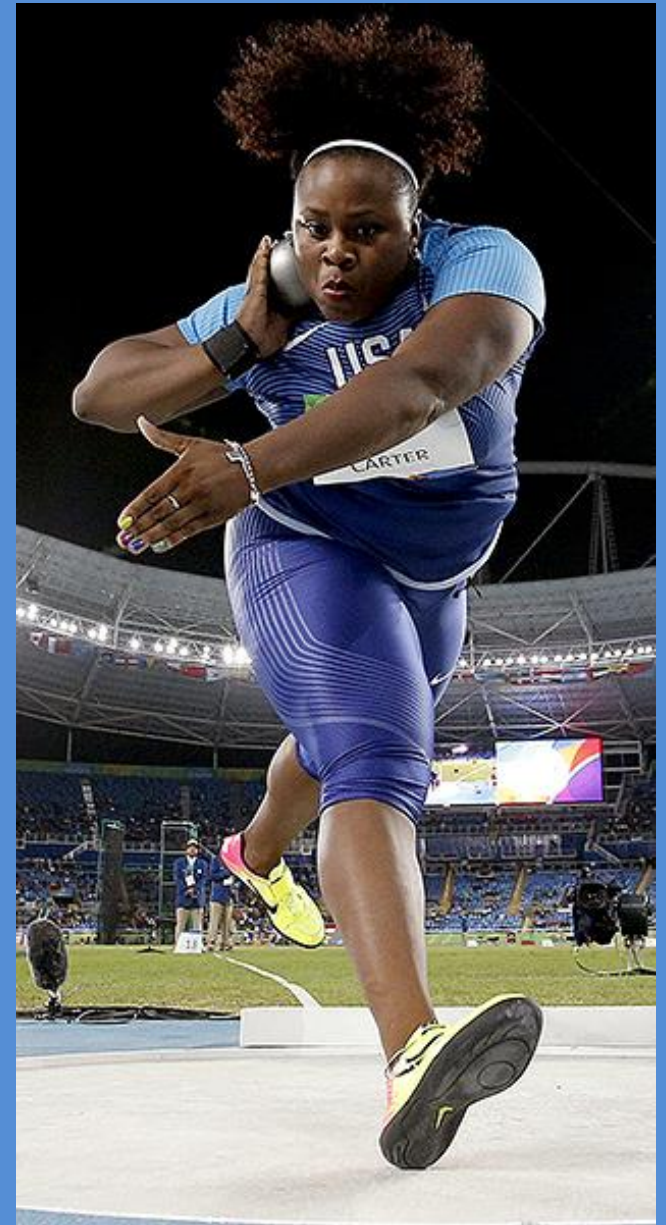


THE A-FRAME

Sit & Kick to splits
(Try to drag the heel)

Can "Pull-under" into
standing throw

Full Glide: Add right leg!





WHAT TO LOOK FOR

Unseating

Left leg first

Left leg extension

Leaving from heel

Stable free arm



CONCEPT 3:

Optimize speed





OPTIMIZE, THEN MAXIMIZE

Optimize:

Mini Glide

Double Glides (R-R-RL)



Maximize:

Weight Room

Speed and/or height of unseat



TRAINING CONCEPTS:



EARLY SEASON/BEGINNERS

Prioritize grip, strike, and standing throw

Reps: As many as they can handle

MID-SEASON/STILL DEVELOPING

Typical practice (20 throws):

- Standing throws x5

- Drill 1 x5

- Full Glide x10

Finish with:

- Standing throws x10-15

LATE SEASON/EXPERIENCED

Typical practice (20 throws):

Standing throws x3-5

Full Glide x15

Finish with:

Standing throws x10-15 or other drill as needed





QUESTIONS?

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