

DEVELOPING SHOT PUT GLIDE TECHNIQUE

Attitude: This is the most powerful and explosive event in sports and you need to attack the shot.

Teaching technique: Whole or partial. Great research on both but one must do what he feels comfortable and sees positive results.

GRIP:

Cupped: Fingers close together-shot on upper part of fingers.

Spread: Fingers spread open resting on inside fingers-little finger and thumb for outside support

Thumb is used to hold in place.

Placement on neck varies with the individual. Can be placed down low or up high depending upon your hand and how it feels.

Setting up Shot Alignment

Elbow at 90 degree angle from body

Shoulders are squared

Throwing drills:

Flips: Arm at full extension Shot is released by turning fingers out thumb down.

Snaps: Extend arm up and release shot off fingers. Make sure that the thumb is pointed down and away from wrist.

Working the Front

Elevated hip: Stand on toe board or on block of wood with post leg-with shot in hand elevates up on post leg and snap shot. Working to get good post and high raised hip action

Drives/stands: Feet shoulder width apart, throwing foot slightly back. Shot will be under the chin and the left arm overhead, bend at the knees and explode upward forcing shot off the fingers. The throwing hip is up in the air and the post leg straight.

Powers: Facing the back of the ring place drive foot at slightly less than 90 degrees, front foot is on toe and next to toe board. Shoulders are at square to the back of the ring. Drive leg is bent and shoulders are square to back of the ring.

Block leg is bent and on toes, Pivot on back foot drive hip upward and out-front leg will post and stop torso from turning. Drive foot should be on inside ball of foot so that can turn better.

Powers w/o block: Same as above but throw will be made with the right side of body and the post leg.

Touch/power/release: Stand up at toe board facing back of ring. Step back to power position touch the ring and explode towards the front of ring releasing the shot.

Power/block/release: Same as above but already in the power position.

Step to power: Start at the back of the ring, step to a power position. Drill is used to get body into the proper alignment for power position.

Starting the Glide

Back position: Align at the back of ring in proper position. Bring rear foot up to drive leg and step back to starting position.

Long split: from the back position step back as far as possible towards the front of ring, having toes from power leg off the pad.

Squat-Step (Lunge Position) pulls leg-Stand both directions

Line glides (leg drive): Emphasis on where the back leg goes when coming forward.

Glide to front: In back position brings rear leg up and drive towards the front of the ring into power position.

Bar drill: Place bar on shoulder and glide to front of ring in power position. This is a great way to check if leading with shoulder or dropping one shoulder because bar will dip on one side.

Glide to post: From back position glide to power position and up on the post leg. Hip of throwing side should be in front of the throwing shoulder. Post leg should be straight and up on toe, shoulders should align behind the hips.

No longer do a non dynamic Drill as part of the actual throws training

Gliding drills: (can be done with or without the shot)

Glide/release/recovery: (use light implement and shot) from the back position glide to the front release the shot and recover. The shot will travel just off the hand.

Form throws: Practice full glide working on one specific part of the movement while doing the entire throw.

Distance drill: (Only with shot). Pick a distance and must throw beyond that distance-done at end of workout.

Throwing Drills:

A/B Drill

Hip drill: With Shot in hand, elevate opposite hip and raise body up on toes. Shot should stay back and shoulders come square to the front of ring.

No block throws: Keep the block arm bent and tight to the body-release shot by using hips and legs only.

Right foot pivot throws: Keep left foot back-pivot on right foot brings left foot to the post position. Work for good power position and release

Block drill: Power position-use wide left arm and stop body in proper release position.

Form Drills: Work from back to front trying to get the rhythm of the throw.
Down/Up/ Down Out

Band Drills

Belt Glide: Use weight Belt make athlete glide
Line glides with Bands
Front of Ring
Back of Ring
Hip Drill Front/rear on and off the board

Block w/band

1legged band Squats

Band Press Outs 2 & 1 arm

Designing the Practice

Early Season: Drills, Drills & more Drills Teaching the Technique and improving on technique High Volume of throws with light implement. 2-3 pound MB 4-10 shots 8.8/12 near 1st indoor meet. Weeks 1-3: 2x week weights 5 exercises (Form of Squat, Bench Press, Shoulder Press, Rowing and Clean (clean pull). Sets and reps 3x 5

Mid Season Direct drills towards needed improvement area (1-3 drills per practice), Meets are easy training day of workout, Medium Volume of throws with implement. Weights: 4 Exercises 3x week: Front Squats, Cleans, Bench Press, rowing movement Sets and reps 3x 3

Peak (Conference-State) Depending on athlete Last 2 weeks before important meet (conference, regional, sectionals or state Weight: Front Squat, Bench Press, Clean and row. Sets and reps 3x3 1 Max Effort days 2 speed days. High Intensity w/low volume (50% or less). Warm up Drill 3-6 throws

MEDICINE BALL EXERCISES AND ROUTINE

Do 20 repetitions of each exercise.

1. Overhead Lateral Flexion

1. Begin by standing with your feet shoulder width apart and the medicine ball held with your arms locked over head (see figure 1).
2. In a controlled motion, move the ball laterally to the right, bending slightly at your waist.
3. Return the ball to overhead and repeat to the left side.

2. Diagonal Chop (aka Wood Chopper)

1. Start by standing upright with the medicine ball above and behind your ear.
2. Make a chopping motion by moving the ball from the starting position across your body diagonally, ending near the opposite knee.
3. Finish the repetition by returning the ball to the starting position by reversing the motion.
4. After completing several reps, repeat the exercise on the opposite side.

- For an increased range of motion, rotate your back foot while completing the exercise.
 - Advanced Technique: Lift your back foot off the floor as you move the ball downward to your knee, and lift your front foot off the floor during the upper portion of the exercise
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3. Squats

1. Begin by standing upright with your feet shoulder width apart.
 2. Hold the medicine ball at chest level with your arms fully extended in front of you.
 3. Squat down, keeping your eyes facing forward, until you thighs are parallel to the floor.
 4. Hold for a second and return to the starting position.
- Variation: Start with the medicine ball at your chest and press either up (above your head) or out (laterally from the body) as you squat down. Return the ball to your chest as you return to the standing position.
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4 Lunges

1. Begin by standing with the medicine ball held at your waist (approximately at belly button height).
2. Take a step forward with one leg, lowering yourself until the top of your leg is parallel to the floor. Make sure that your knee does not extend past your toes to avoid injury.
3. Either return to the starting position and repeat the movement with the opposite leg, or perform a "walking" lunge by continuing forward by alternating legs and "walking" across the floor.

(Press MB Out/Backwards Power Position)

5 Slams

Begin by standing with your feet slightly wider than shoulder width apart and your knees slightly bent.

1. Hold the medicine ball above your head.

2. Throw the ball forcefully down on the ground, making sure to pull down with your abdominals on the downward throwing motion.
 3. Catch the ball and return to the starting position.
- Advanced Technique: For an added challenge, you can perform this exercise with one arm at a time. Catch the ball on the bounce and repeat with the other arm.
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6. Figure Eights

- Move the ball in a figure eight motion by:
 - Taking the ball from the left ear diagonally across the body toward your right knee (similar to the diagonal chop in figure 3 above),
 - Up to your right ear,
 - Diagonally toward your left knee, and finally
 - Back to the starting position.
 1. Advanced Technique: For an added challenge, you can use a ball with a string and back to the starting position at your left ear.
 - Start by standing upright, holding the ball above your left shoulder with arms extended (at approximately the same level as your ear).
 - Handle attached (shown in picture).
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7. Push Ups

1. Start in the push up position with the medicine ball beneath one hand and the other hand on the floor.
 2. Perform a push up.
- Advanced Technique: As you become more powerful (and comfortable with this exercise, attempt to generate enough force on the push up to move the ball between hands during the push up.
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8. Two Arm Wall Pass

1. Begin by standing upright and facing a wall. You should be approximately an arm's length away from the wall.
 2. Hold the ball above you head.
 3. Begin by throwing the ball against the wall from this position and catching it on the return bounce.
 4. As you become more comfortable with the move, you can bend your arms back (away from the wall) to throw the ball with more force against the wall.
- Advanced Technique: This medicine ball exercise can also be done with one arm.
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9. Hammer Throw

1. Start by standing upright with your feet slightly wider than shoulder width.
 2. Hold the ball near your left hip (you will be throwing to the right, initially).
 3. Begin the throwing motion by moving the ball across your body from your left hip to your right shoulder, transferring weight from your left foot to your right foot.
 4. Finish the throw with you weight over your right foot.
 5. Repeat in the opposite direction.
- Variation: Instead of starting the throw at the opposite hip, you can also start it at the opposite shoulder.
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10. Standing Oblique Twists

Start by standing upright with your feet shoulder width apart.

1. Hold the ball snugly against your torso.
 2. Twist your upper body in either direction, keeping your feet firmly planted.
 3. Hold the position, flexing the oblique muscle for a count of one.
 4. Repeat the move to the other side.
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11. Standing/Seated Triceps Extension

1. Begin by standing (or sitting) in an upright position.
2. Using both hands, hold the ball behind your head.
3. In a controlled motion, extend your arms upward, keeping your upper arms stationary.
4. Flex your triceps for a count of one before lowering the medicine ball back to the starting position.

12. Front Lateral Raises

Start by standing in an upright position.

1. The medicine ball should be held at your naval with you arms straight.
2. Keeping your arms extended, raise the ball until it is parallel to the ground.
3. Hold for a count, and return the ball to the starting position.

13. Standing Russian Twist

1. Begin by standing with you feet shoulder width apart.
 2. Hold the ball at waist level just behind your right hip.
 3. Swing the ball across your body to the left side.
 4. Repeat the move in the opposite direction.
- Tip: Keep you abdominals tight throughout the movement.
 - Advanced: As you twist, shift your weight to your front leg (the side with the ball) and lift your back leg slightly off the ground.

14. Big Circles Standing with your feet shoulder-width apart and knees slightly bent; hold a medicine ball with your arms extended directly above your head **[A]**. Without bending your elbows, rotate your arms counterclockwise **[B]**, using the

ball to draw large imaginary circles in front your body [**C, D**]. Do 10 circles, and then reverse direction to clockwise and do 10 more.

15. Squat to Press Stand holding a medicine ball close to your chest with both hands, your feet just beyond shoulder-width apart [**A**]. Push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [**B**]. Then simultaneously drive your heels into the floor and push your body back to the starting position as you press the ball over your head [**C**]. Lower the ball back to the start. That's 1 repetition.

16. Rocky Solo Sit on the floor with your legs straight, and hold a medicine ball with both hands just above your lap [**A**]. Twist your torso to the right and place the ball behind you [**B**]. Then twist all the way to your left and pick the ball up and bring it back to the starting position [**C**]. That's 1 repetition. Do 10 repetitions. Immediately do another 10 repetitions, but this time start by twisting with the ball to your left.

17. 45-Degree Twist Grab a medicine ball and sit on the floor. Lean back at a 45-degree angle, raise your legs and feet off the floor, and hold the ball with both hands in front of your chest, your arms straight [**A**]. Without dropping your legs or arms, rotate the ball and your torso as far as you can to the right [**B**]. Then reverse direction, rotating all the way to the left. That's 1 repetition.

Verbal Ques: Any word(s) that easily remind thrower (Coach) of specific action

Hips=action of hips at front of ring

Lead

Block

Right/left Foot

Spot

Drive

Chest to Thigh

Explode

Elbow

Pivot

Teaching Aids

PVC Pipe
Weight Belts
Light and Heavy MB (2-25#)
Different weighted Shots
Bands
Chains
Cones
Kettle Bells
Distance % Chart
Pole vault poles

MAKE YOUR OWN EQUIPMENT

How to get more informed:

DVD	College/University meets
Video Throwers and competitors	Develop a network
Clinics	Learn By Doing
Attend State meet even if no competitor	

SHOT PUT WORKOUT Week 1

SESSION 1 Warm Up MB DRILLS

Drills: Long split x 10, step back x 10, slow power release drill x10, glide to front x 10, glide post x 8, line glide 3 x, 15 glides w/o shot (teaching tool), 15 glides w/ shot, hip drill w/release 10 Use legal # shot) MB DRILLS

Throws: Flips x 10, Snaps x 10, B Drill x 10, Powers x 10, Step back x 15 Glides x 15, Full x 3 x 5 emphasis on form, Non reverse powers x 10

Session 2 Warm Up MB DRILLS

Drills: Long split x 10, step back x 10, Leg Drives x 20, Glide & post x 15, line glide 3 x, 15 glides w/o shot, 15 glides w/ shot, hip drill w/release 10 Use 2 # shot)

Throws: Snap & flips x 10, Non-rev. stands 5 from B, Block/Release 10, Powers 15, Step to power 15, full throws 20

Plyometrics: Box jumps x 3x4 1 leg, 2 leg, Drive leg x 10

Session 3 Warm up Rest shot do discus workout Video Night

WEIGHTS MB DRILLS

Drills: Glide with shot x 20, glide without shot x 25, Sprints: 10x10

Session 4 Warm Up MB DRILLS

Drills: 25 Glides w/o shot, 15 glides w/shot, Block and release x 12, Crossovers x 10, Hip lift with block x 15

Box drill x3: standing on box try to elevate left side up and release shot

Throws: Snaps 10, Flips 1x5, B Drill with block x 10, Powers 3x5, 15 step and puts, Glides 2x5 and release, Full throws 4x5 Distance Percentage Chart 12

JR-250

Sprints: 5x10, 3x15

Session 5 Warm up MB DRILLS

Glide with shot x 20, Flips 1x5, B Drill with block x 10 Glides 2x5 and release, full throws 4x5 Distance Percentage Chart light shots

Plyometrics If lifting will be done immediately after set of squats

CONTEST GAMES FOR TRAINING

*Always have a CD/Video in your supplies

Website Links and Names

CoachTheThrows.net <http://worldthrowscenter.com>

www.throwfarther.com www.nationalthrowscoachesassociation.com

Distance Percent Diagram

Distance	85%	93%	Distance	85%	93%
20	17	18.6	51	43.35	47.43
21	17.85	19.53	52	44.2	48.36
22	18.7	20.46	53	45.05	49.29
23	19.55	21.39	54	45.9	50.22
24	20.4	22.32	55	46.75	51.15
25	21.25	23.25	56	47.6	52.08
26	22.1	24.18	57	48.45	53.01
27	22.95	25.11	58	49.3	53.94
28	23.8	26.04	59	50.15	54.87
29	24.65	26.97	60	51	55.8
30	25.5	27.9	61	51.85	56.73
31	26.35	28.83	62	52.7	57.66
32	27.2	29.76	63	53.55	58.59
33	28.05	30.69	64	54.4	59.52
34	28.9	31.62	65	55.25	60.45
35	29.75	32.55			
36	30.6	33.48			
37	31.45	34.41			
38	32.3	35.34			
39	33.15	36.27			
40	34	37.2			
41	34.85	38.13			
42	35.7	39.06			
43	36.55	39.99			
44	37.4	40.92			
45	38.25	41.85			
46	39.1	42.78			
47	39.95	43.71			
48	40.8	44.64			
49	41.65	45.57			
50	42.5	46.5			

Exercise	Sets/Reps	%					Week 1
Back Squat (variations)	3x5	70					
Bench Press	3x5						
Variation Overhead Press	3x5						
Variation Row movement	3x5						
Clean (Clean Pull)	3x5						

Exercise	Sets/Reps	%					Week 1
Back Squat (variations)	3x5	70					
Bench Press	3x5						
Variation Overhead Press	3x5						
Variation Row movement	3x5						
Clean (Clean Pull)	3x5						

Exercise	Sets/Reps	%					Week 4
Back Squat	3x3	77					
Clean (Clean Pull)	3x3						
Bench Press	3x3						
Variation Row movement	3x3						

Exercise	Sets/Reps	%					Week 4
Front Squat	3x3	70					
Clean (Clean Pull)	3x3						
Bench Press	3x3						
Variation Row movement	3x3						

For Figuring out % use 90% of 1 rep max