



Ideas for Enhancing Glide Shot Put Technique

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50 MINUTES! WAY TOO SHORT!

- I am so very thankful to be invited to share
- I am here for you
 - Questions whenever they pop up
 - Socratic Seminar
 - Watch video (yours, mine, internet)

THIS IS NOT A BALL SPORT

- THERE ARE NO SECRETS IN TRACK & FIELD
 - Even Boo Schexnayder was taught by someone!
- Real Track Coaches understand the importance of mentoring



Factors That Govern All Throws

- The approach of the throw is designed to maximize the following:
 - Velocity (speed) of the implement at release
 - Angle of the implement at release
 - Height of the implement at release

Velocity of the Implement at Release

- Rhythm of the throw is slow to fast, therefore, it is an acceleration
- There is a hinged moment

Angle of the Implement at Release

- The shot has an optimal (range) angle of release
- The body has optimal positions from which to deliver the shot
 - Axes of rotation
 - Lever systems

Height of the implement at Release

- As in everything you do in Track and Field, at the moment of truth, you should be as tall as you can be

Life is Not Fair!

- Most of our athletes should have chosen better parents
- The greater the athlete, the more they can get away with and still perform well
 - Can have a bad start and still fix it before delivery
- The poorer the athlete, the greater the propensity for their mistakes to compound cumulatively until a complete disaster ensues

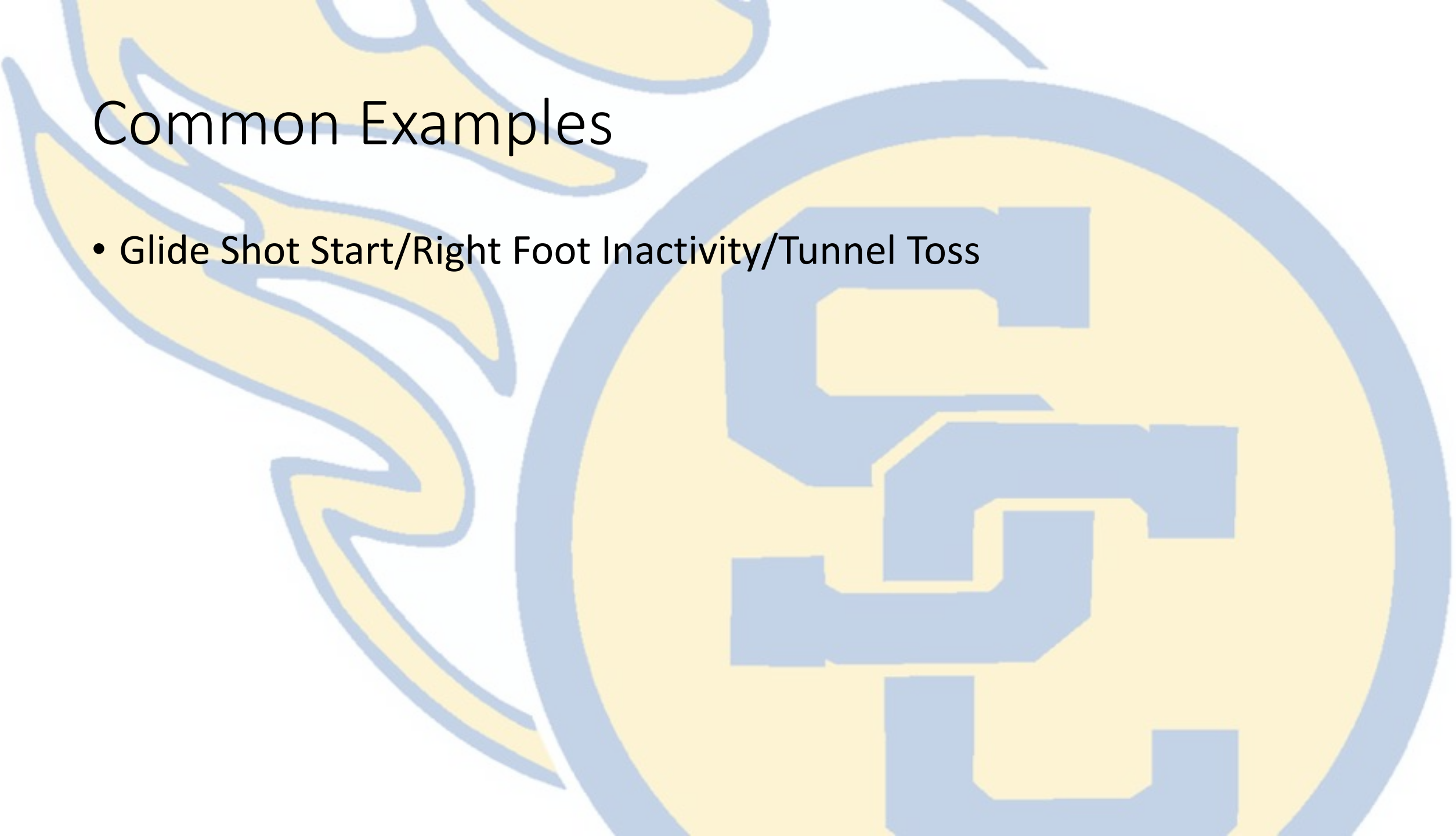
There Are Weeds Everywhere!

- Everyone has imperfections and therefore compensations
 - Layers of an onion
- All weeds have roots



Common Examples

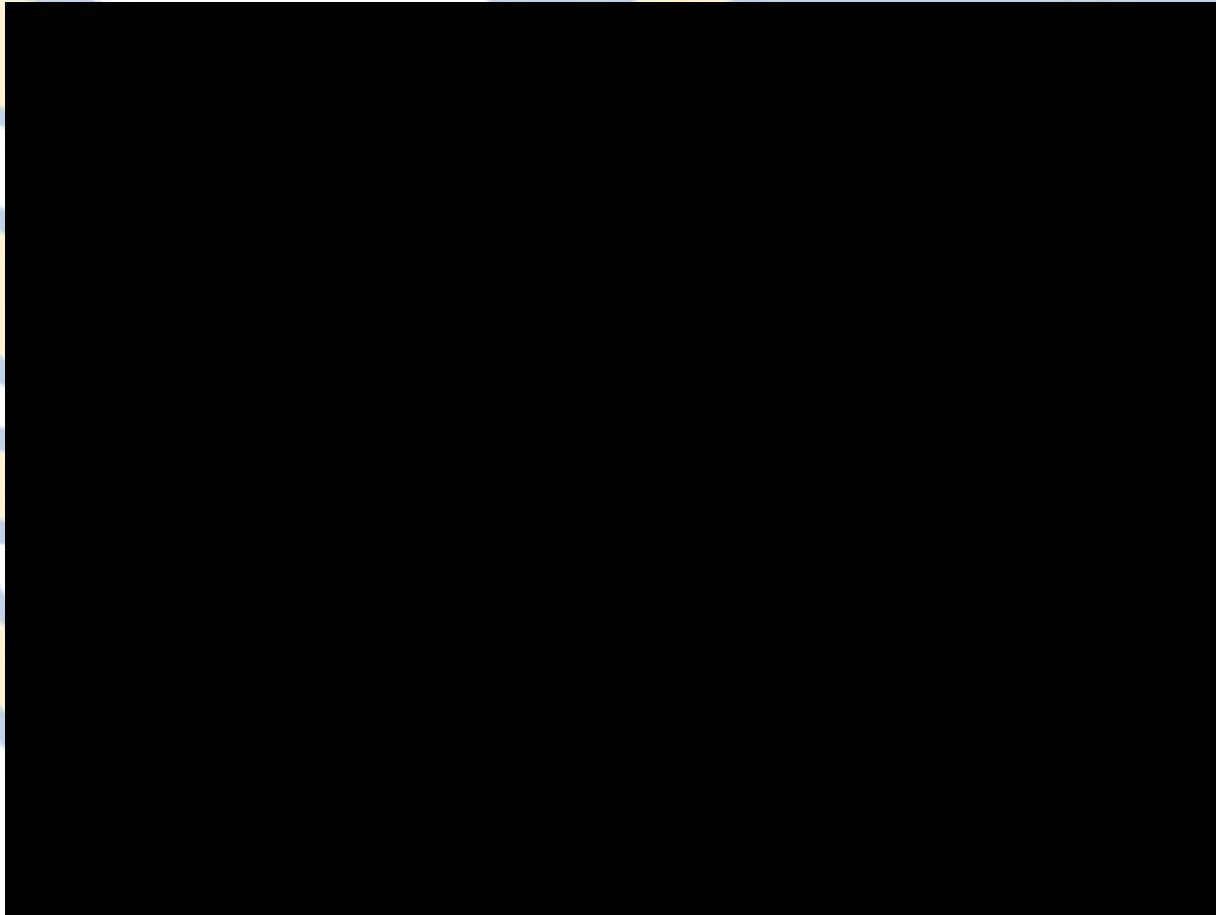
- Glide Shot Start/Right Foot Inactivity/Tunnel Toss



Developing/Discovering a Model

- It is important to have a model from which the coach can develop/discover key performance indicators (KPIs)
- Olympic athletes are most often used as these models
 - This can be good and bad for the novice thrower

You Must Develop a Technical Model











Ideas For Enhancing the Glide Shot Put Technique

- Organization of Training
 - Back of the ring
 - Preliminary movements into approach
 - Middle of the ring
 - Approach into delivery
 - Front of the ring
 - Delivery into strike/finish

Back of the Ring

- Grip, wrist angle and shot location



- Stance
- Lengthening the path of the shot
- Unseating to align COM for start
- Passivity of the upper body
- Start (begin the approach)
 - RIGHT / LEFT CONTRIBUTIONS – LET'S ARGUE AGAIN!



Middle of the Ring

- Arriving in a posture that facilitates acceleration
- Locus of attention
- Right foot
 - Orientation, location, dorsiflexion
- Continued upper body passivity



Front of the Ring

- ***SIMULTANEOUS*** transfer and turn
- Minimizing weight shift/
right foot-knee-hip drive
 - DO YOU WANT TO
THROW FARTHER?
- Upper body activation
 - Long left arm, thumb
down, sweeping action



Cueing To Positively Affect the Strike

- Chin up and away
- Push shot up with your hips
- Slap Shaquille and elbow Kevin Hart
- Chest to the sky
- Punch and flick OUT & AWAY
- Turn it into a bench press
- Be as tall as you can be





Finish and Follow

- ***DO NOT WATCH THE SHOT!***
 - Get your eyes to the back of the ring as quickly as possible
- Argument #3: **REVERSE?!?**
- Foul?
- Transfer THEN turn OR transfer AND turn?
- Where does the shot land within the sector?
- Watching the shot?

Drills?

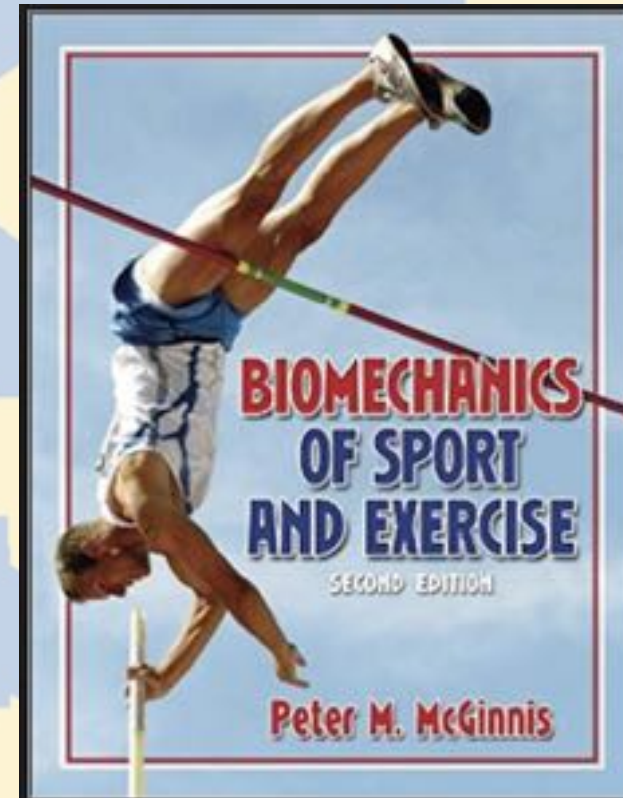
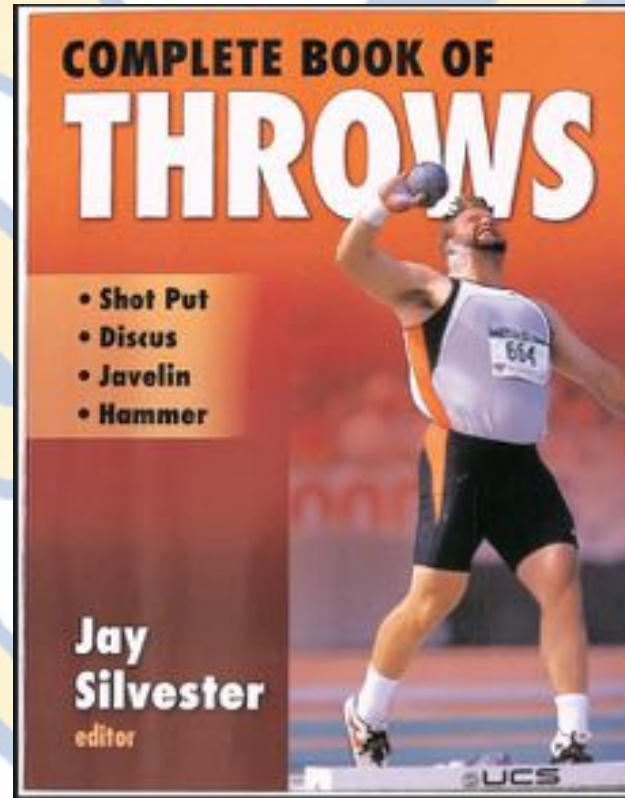
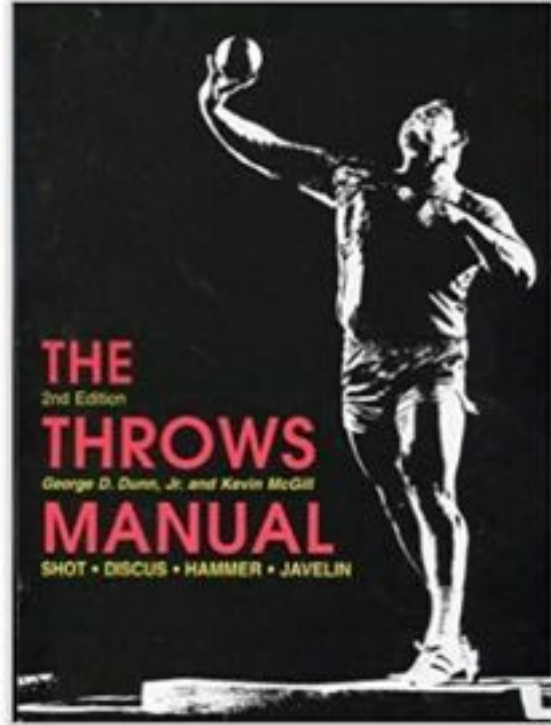
- The internet is sent by God himself!
 - Throws University
 - Arete Throws
 - SacSpeed.com
 - Klaus Bartonietz
 - Just google it!
- The internet is a SATANIC PLAGUE!
 - You and your athlete must know the WHY
 - Gadgets usually are just that – gadgets

Books?

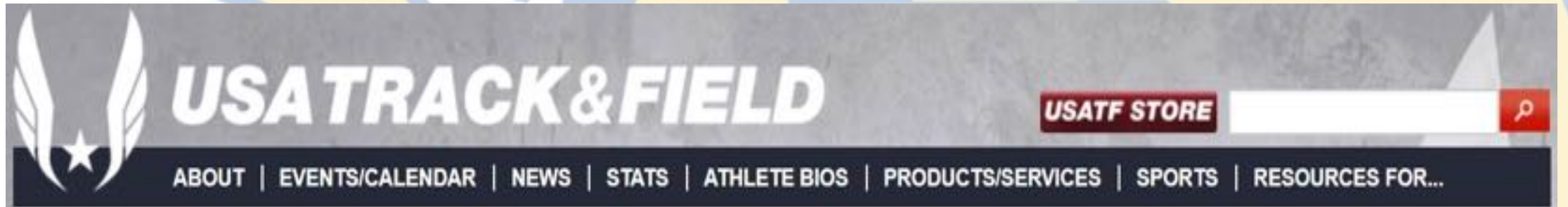
The Throws Manual

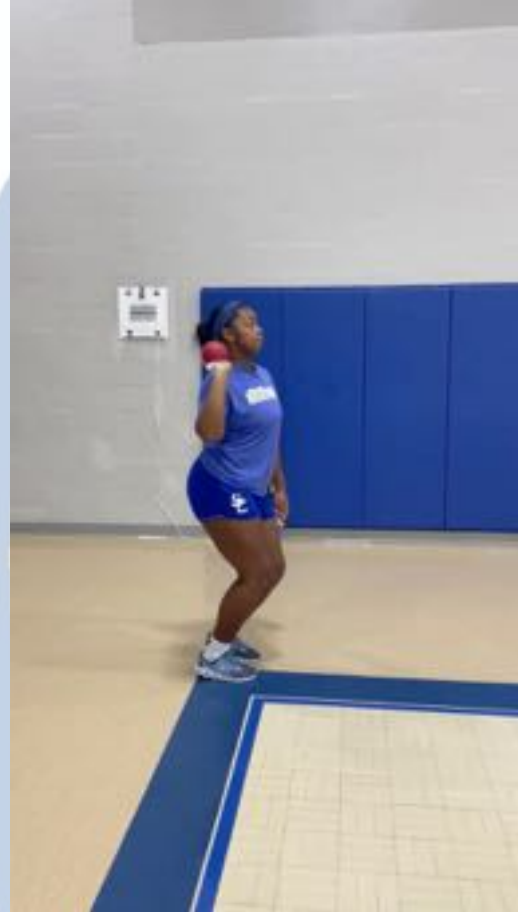
by George Dunn (Author)

★★★★☆ 3 customer reviews



Invest in Yourself

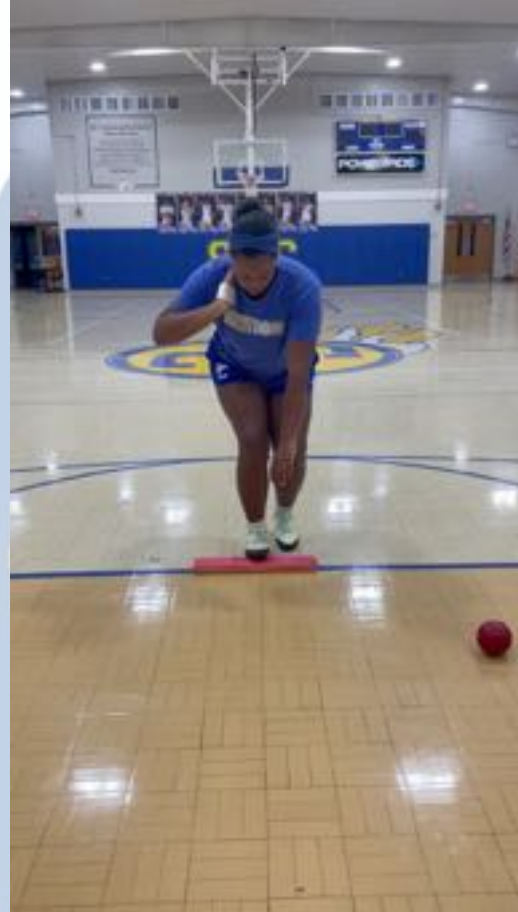


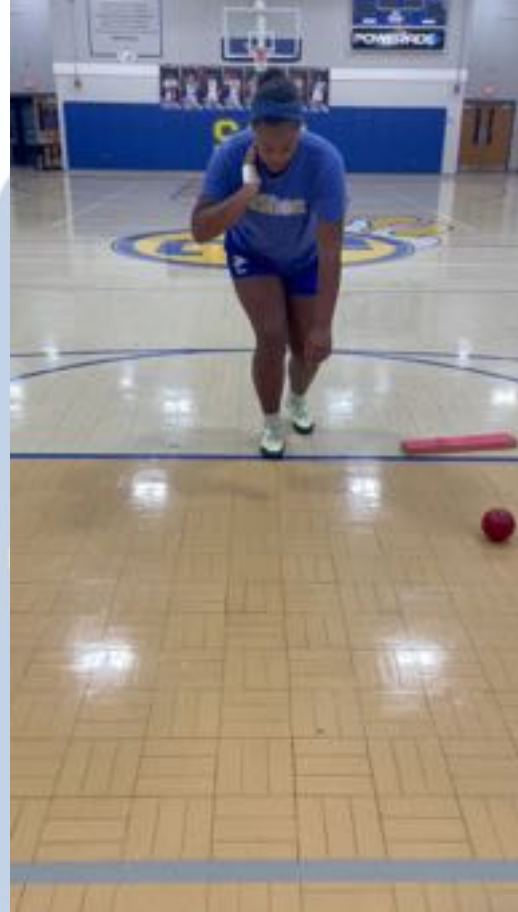




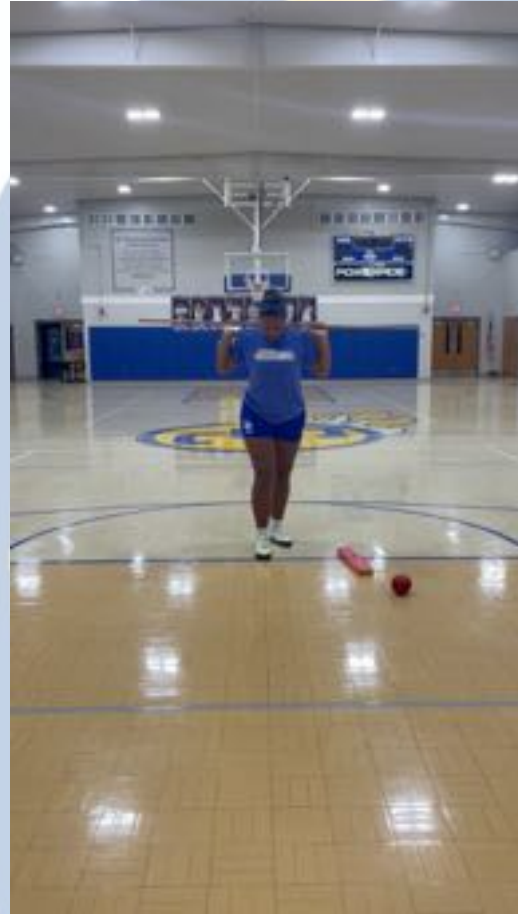


















DRILL ADDITIONS

- Oven mitts
- Nerf/little basketballs to lighten the load (focus of drill?)
- Gambetta bands
- Medicine Balls

QUESTIONS?

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