

Developing a Training Model for the Shot Put

Nick Garcia

Notre Dame High School

Sherman Oaks, Ca

Major Influences

- Glenn McAtee
- Dan Lange
- Vern Gambetta
- Derek Evely
- Martin Bingisser
- John Godina
- Art Venegas

Introduction

- Education and Certifications
 - Education (California State University, Northridge)
 - M.S. Kinesiology
 - B.S. Kinesiology
- Certifications
 - C.S.C.S.
 - IAAF Level 5 (Throws)
 - USATF Level 3 (Throws)
 - U SA Weightlifting

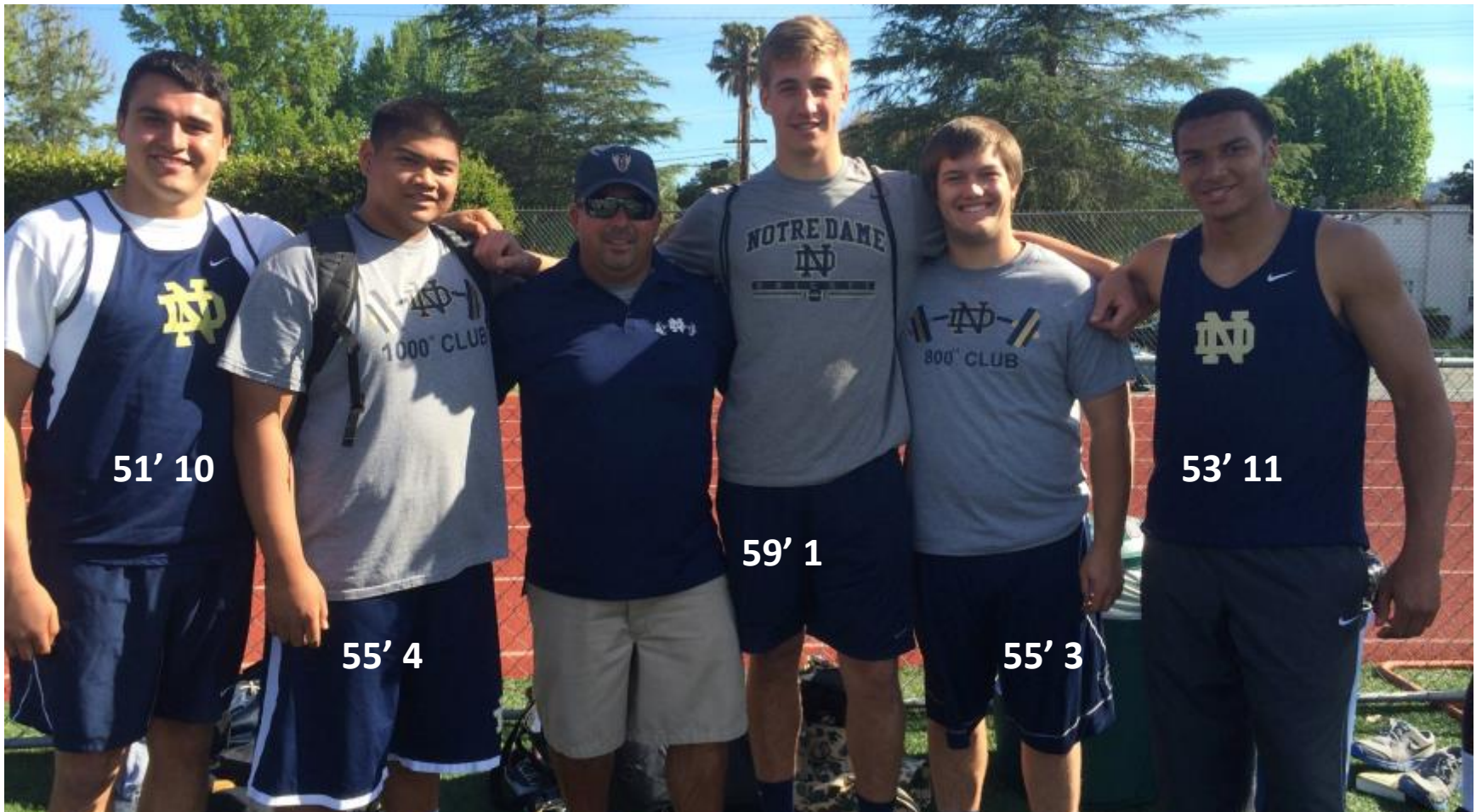
Introduction

- Current throws and strength coach, Notre Dame High School.
- Master Instructor for John Godina's World Throws Center
- More than 30 boys over 50 feet in the past 10 years. Two girls over 49 feet.
- Last year 6 guys threw over 51'10 and 2 girls over 49'.
- CIF Champions in the Discus and Shot Put
- Over 40 CIF Discus and Shot Finalists

Coaching Points

- Develop a System
 - When you have a system your program begins to run itself while you get to coach.
 - All of your athletes will have specific characteristics in their technique in which you put there. Like a Stamp of Authenticity
- Be Structured
 - Practices, Weight Room Workouts will run far more efficient and results will be far better with structure.

All Shapes and Sizes



49' 5



Typical 2 Day Block

Monday

- Warm Up
- Plyos
- Throw
- Lift

Tuesday

- Warm Up
- Sprinting
- Throw
- Med Ball
- Lift

The Technical Model

- Month #1
 - Day #1
 - Front of Ring
 - Day #2
 - Back of Ring

Front of Ring

Square Position

- Double Extension
- Double Extension w/
Rotation
- Add Med Ball
 - Vertical Throw

Front of Ring

Teach Power Position

- Feet Together, Step Out
- Double Extension w/
Rotation
- Add Med Ball
 - Vertical Throw

Front of Ring (Rotational)

Wheel Position

- Wheel/180
- Wheel/180 – Pause – Vertical Throw
- Wheel/180 – Vertical Throw

Front of Ring (Rotational)

Falling Wheel Position

- Falling Wheel – Pause – Vertical Throw
- Falling Wheel – Vertical Throw

Back of Ring (Rotational)

Front Squat Position

- 90's
- 180's
- 360's
- 540's

Back of Ring (Rotational)

Starting Position

- 90 to Wall
- Full to Wall
- 90 to Power Position
 - Pause
 - Vertical Throw
- Full to Power Position
 - Pause
 - Vertical Throw

Middle of Ring (Rotational)

Transitional Drill

- Jump and Land in Power Position
 - Tony Ciarelli

Back of Ring (Glide)

Sequencing

- Down
- T
- Back

Back of Ring (Glide)

Sequencing

- Down
- T
- Back
- Fall A

Back of Ring (Glide)

Sequencing

- Down
- T
- Back
- Fall A
- Power Position

Back of Ring (Glide)

Sequencing

- Down
- T
- Back
- Fire A
 - Into Power Position

Teaching the Reverse

Reverse Progression

- Stand Throw
 - Position 1

- Switch Feet
 - Position 2

- Swing Around
 - Position 3

Teaching the Release

Grip

- Top of Palm
- Bottom of Fingers

Teaching the Release

Delivery

- 3 Step Jav
- Square Position Throw
- Power Position Throw

Putting it Together

- After 1 month we transition to doing day 1 and day 2 drills in the same day.
- We also mesh the throwing workout with the drills
- Repetition w/precision

Example (Rotational)

Aaron Haigler

Kyle Swanson

Example (Glide)

Austin Swanson

Kylan Wilborn

Good Resources

- GAIN: Gambetta Athletic Improvement Network
 - June 17th – June 21st
 - Houston, Texas
 - thegainnetwork.com
- John Godina's World Athletic Center

Thank You

- Nick_g_garcia@hotmail.com