

GLIDING TO GLORY IN THE SHOT PUT

**OR, I USUALLY ONLY TALK
ABOUT THE POWER WHEN I
TALK ABOUT THE GLIDE, BUT
NOT THIS TIME!**

Glide Across the Ring (Short-Long)



Glide Across the Ring (Long-Short)



The Glide

- **ITS NOT A HOP!**

- Hopping causes the thrower to “crash” on the right leg
- Hopping makes the shot go up & down, not linear

- **IT'S A GLIDE!**

- Slow to fast gradual acceleration across the circle
- Unseat & Left leg the key.
- Goal is to land in an effective power position and put the shot

Back of the ring

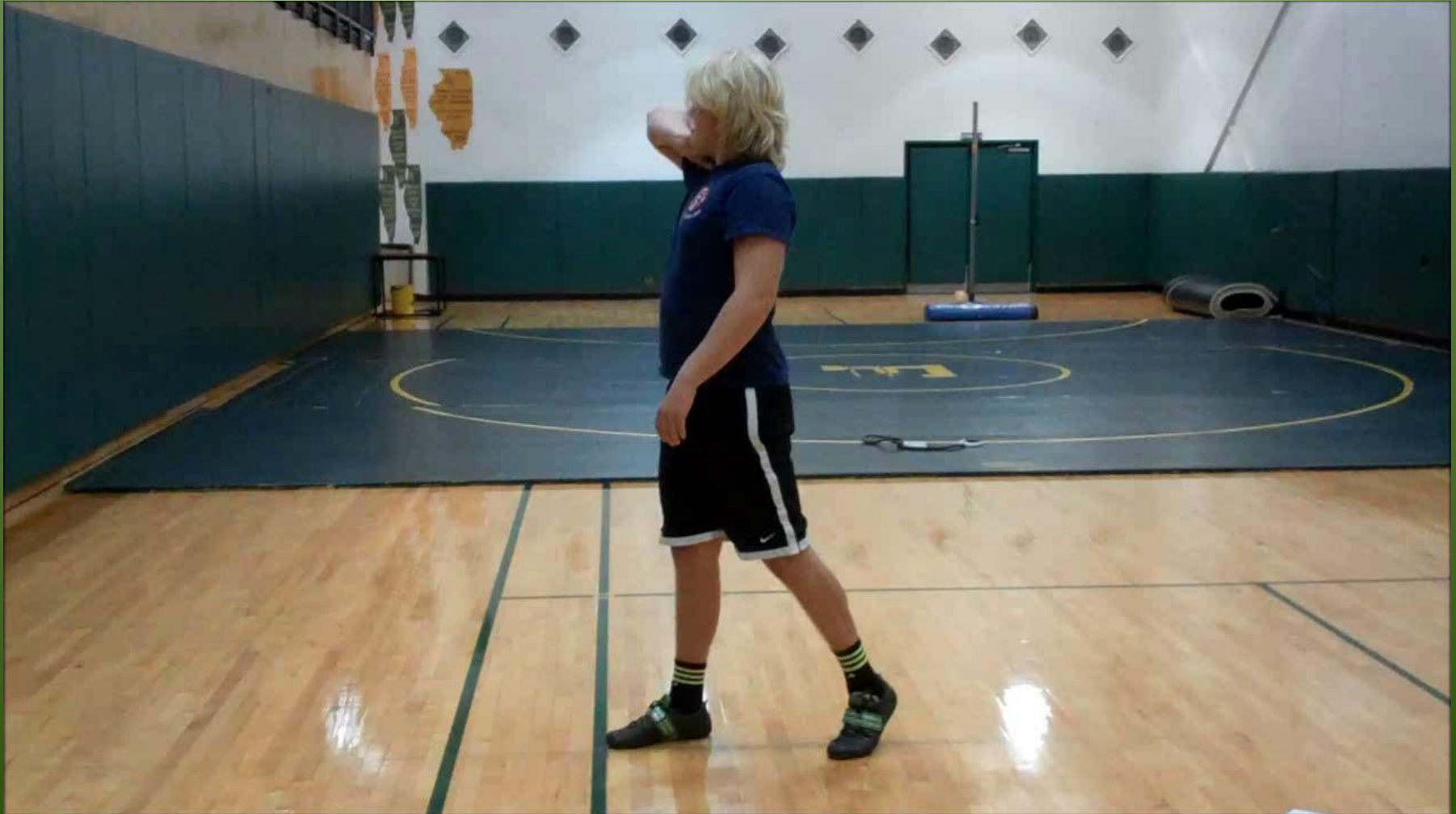
- *Right foot flat, balance*
- *Back Parallel to ground*
- *Left arm long and relaxed*
- *Slight bend in Rt. leg*
- *Left leg long, tap left to for balance*



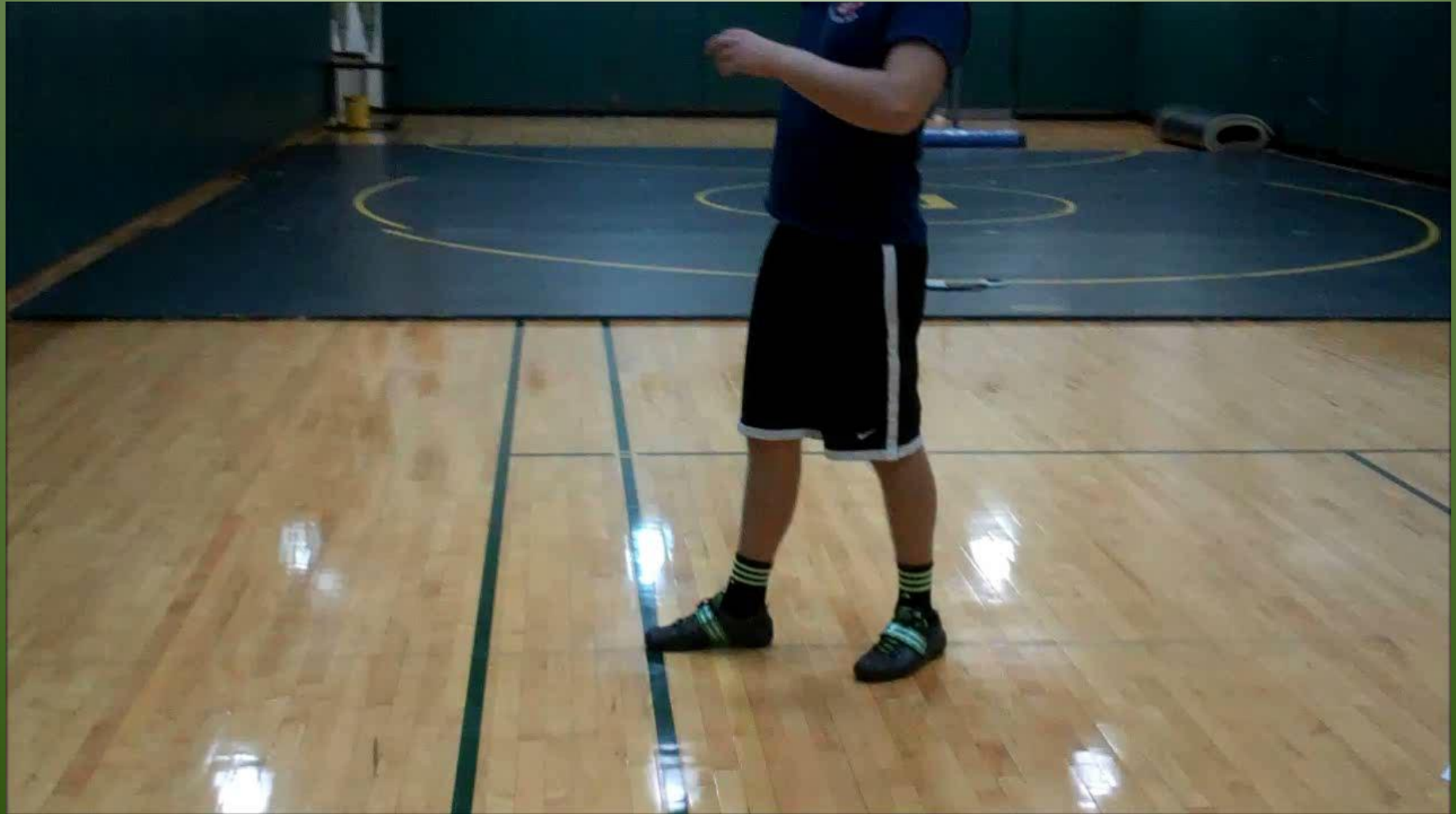
Drills for back of Ring

- Position Drill (Lean, Back Parallel, left foot)
- "T" Position Drill
- Gather or "Bunch" Drill
- Gather to left leg Out

Position Drill



"T" Position Drill



Gather or "Bunch" Drill



Gather to left leg Out



INITIATING THE THROW (1)

- Initiate Linear Drive by unseating hips
- Lft. Leg extends horizontally, stab the toe board.
- Rt. Leg drive horizontally off flat foot. Heel last to leave
- Both Legs extend at the same time



INITIATING THE THROW (2)

- Athlete must keep the weight back
- Lft. arm long pointing to back of ring
- Look to the back of the ring, 7 ft beyond ring
- Try to keep angle of upper body unchanged (there will be some rising)



Drills for Initiating the throw

- Unseat against the wall
- Left leg kick med ball
- Right leg backward push
- Left leg in, unseat, out to "A" position
- Right leg pull from "A" position
- Left kick, Right push drill
- Chair Glides
- Glide with light bungees

Unseat against the wall



Left leg kick med ball



Right leg backward push



Unseat to "A" position

- Let hips drift back & down
- As thrower feels they are falling, kick left leg out & down
- Keep upper body low with weight over Rt. leg
- Finish on Rt. heel



Right leg pull from “A” position

- Keep upper body low with weight over Rt. leg
- Don't rise up when pulling right leg
- Try to have Rt. foot land on ball of foot under the shoulders
- Can throw med-ball or shot from this



Chair Glides



You've Arrived in the middle! (1)

- Land on ball of Rt. foot in middle of ring
- Rt. foot should be under shoulders
- Rt. foot should be slightly turned (8 to 7 o'clock)
- Rt. knee over Rt. big toe
- Rt. foot will hit slightly before left foot
- Left leg should be fairly stiff

You've Arrived in the middle! (2)

- Hang over Rt. leg with shoulder, head & long left arm all facing back of ring
- Lft. Foot rolls from ball to heel & left knee braces to prepare for block
- Rt. foot, knee & hip push & pivot immediately



Drills for You've Arrived!

- Plyometric Powers
- Step Back Powers
- Rt. leg pull from "A" position & put
- Glide to power, slow motion power
- Mini Glides
- Glide to power, stop, throw (Use towel, wt. bar, med-ball, shot)
- Double Glides

Plyometric Powers



Step Back Power

- Great for developing right side technique, timing & power
- Don't raise up
- Keep weight on right leg
- Drive right side as soon as left makes contact
- Rt. hip, knee & foot all push & rotate



Glide to Power & Stop

- Great for developing proper drive from the back
- Sticking the middle excellent strength and proper position development
- Stay low & keep Rt. heel up
- Shoulder back, left arm long



Glide to power, Stop & Throw



Double Glides

- One of the best Drills for working the middle of the ring
- Must keep wt. over Rt. foot, otherwise cannot finish the 2nd glide
- Drive left leg hard
- Do not raise shoulders
- Keep looking back, Lft. arm & shoulder too.



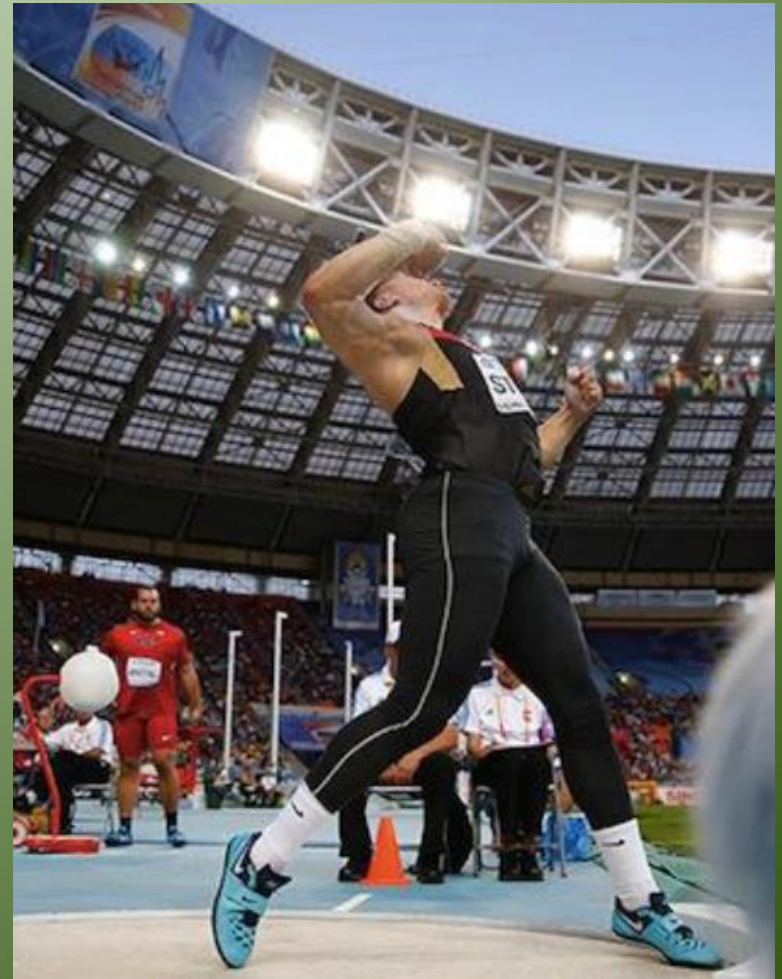
Delivery (1)

- Lft. side creates a strong block with flat left foot & long left arm driven down to hip
- Rt. side rotates around & over the blocking left side
- Create a large stretch reflex of body by looking back, working Rt. hip & long left arm to throw direction



Delivery (2)

- Rt. hip, knee, foot fire, then shoulder & arm, hand flick
- Both feet in contact driving force into the ground (Newtons 3rd Law of Motion)
- Rt. hip must continue to drive into the shot



Glide across

- *Unseat & Left Leg drive*
- *Must land in an effective power position*
 - *Shoulders square*
 - *Shot back*
 - *Left arm long*
 - *Right leg 'loaded'*
- *Rt . Leg Trigger!*
 - *Right leg must be immediately responsive*



Drive up & over a solid blocking left side

THE TOTAL THROW ***BRENNER***



THE TOTAL THROW STROL



THE TOTAL THROW

LOZOWSKI



THE TOTAL THROW *MATSON*

MATSON

US

69-10^½

4/68

21.30

THE TOTAL THROW *CARTER*



MIKE
CARTER

Windows Movie Maker



Right Leg Sweep -
Becca seems to kick the left leg up and left. The kick up is to help her get off the right foot and get to the middle. This is a common leg strength issue in younger throwers. Wanless is in a good "A" position and is much lower. Becca does keep her shoulders closed to the throwing sector, this is good.

VIDEO COMPARISON



Video Aids

- Coaches Eye (I phone, I pad & Android)
- Ubersense (I phone, I pad & Android)
- Dartfish (I phone, I pad & Android)
- Coach My Video (I phone & I pad)
- SloPro (I phone & I pad)
- Fast Cam (I phone & I pad)
- Video Delay (I phone & I pad)