# Gliding Through The Season



Basic Fundamentals of the Glide Shot Put

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# Acknowledgements

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- Illinois Track & Cross Country Coach Association
  - Jim Aikens and Jim Miks
- Dale Donner, Nick Hartz, and Dave MooreMy Head Coaches
- Christy, Zachary, and AnnieMy Home Coaching Staff

#### Introduction

- Disclaimer
  - Works here, but everybody is a little different

#### • The Coach

- Resume

# Deff Ohlson Assistant Boys Track Coach 13th Year Astrated in 1997 Took 3 years off (2007-2009) State Medalist 7 Boys (Shot and Discus Combined) 8 State Qualifiers (1 every year but 1997) 8 O Medals 1 State Qualifiers 3 Girtls (Shot and Discus Combined) 6 State Qualifiers (1 every year but 1997) Before 1997 3 O Medals 1 State Qualifiers

#### Resume

- USA Track & Field Certified (Level 1)
- Teach Physical Education
  - Have all the Strength and Conditioning

     Our Speed/Agility/Flexibility/Cardiovascular training program
    - for our athletes
  - 80 minute class periods
- Head Football Coach
- $-\,$  Was the Head Coach Girls Basketball for 10 years

# Selling Your Program



Make the kids believe that your way is the best.

Make them believe they are special.

#### Practice

- Teach Fundementals.
- Make it fun.
- Learn the kids.

## **Teaching Fundamentals**

- Great technique can overcome strength.
- Keep it simple at the beginning. – Teach the basics at the front of the ring.
- Go slow
  - Step by step
- Be Patient
  - You can' t make a thrower in a day or week.

## Make it Fun

- Design activities to use that will make practice fun.
  - Overhead Shot Olympics
  - Weightmen's relay
  - Keep splits
  - Do it with kids who are not injury prone
- Music

#### Learn the Kids

- Don't over train to early.
  - We throw very little in March and IndoorsTechnique Time
- Don't under train in the middle.
  - Have a plan of where you want to be in different parts of the year.
- Have them ready in the end.
  - Each thrower is different
  - Chart there throws on a graph

#### The Shot Put

- Introduction
  - 2 techniquesGlide and Rotational
- Basic Techniques of the Glide
  - The Grip
  - Starting Position
  - The Glide
  - The Power Position
  - The Delivery
  - The Recovery

# The Grip

- The shot should rest on the base of the fingers.
- Four fingers on the ball
- Thumb balances shot on the fingers



# The Grip

#### • Drills

- Use softballs to teach  $1^{\mbox{\scriptsize st}}$ 
  - Move to Shot Puts after
- Flip DrillFlip against the wall



• Video

#### Starting Position (Crouch) Drills • Right Foot at 6 o' clock • Starting Drill · Free arm closed and - No Shot Put relaxed - Foot and weight placement - Left wrist over right knee · Shoulders parallel • Balance Ball Drill • Eyes on a spot 3 to 6 feet - Balance on a Bosi ball in the back of the ring. · Raise hands to shoulder height · Works on balance in back

## Starting Drill

• Video

### **Balance Ball Drill**

• Video

# **Starting Position**

- Left Leg extended with a slight bend in the knee.
- Left foot touching the circle keeping the thrower on balance.
- •
- Right leg bent at 60 degrees with the back flat. Angle of upper leg and trunk approximately 90 degrees
- Position needs to be comfortable and relaxed.



#### Drills

- Wall Sweeps
  - Start on the wall and sweep the leg back - Progress through the movements.
  - Basic Start Leaving the wall  $\frac{1}{2}$  Glides Full Glides
- <sup>1</sup>/<sub>2</sub> Glides or Short Glides
  - Use shot put
  - Be quick
  - · Concentrate on form

# Wall Sweeps

• Video

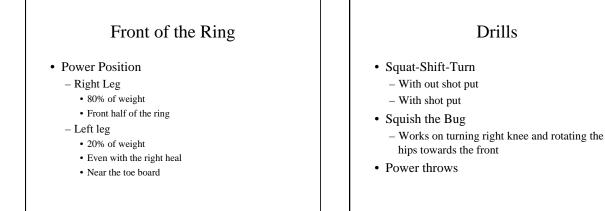
# The Glide

- The glide is a result of the summation of 3 distinct movements:
  - Unseating
  - Left Leg Action
  - Right Leg ActionVideo

1/2 Glides or Short Glides

• Video

Video (Shot Put)



# Squat-Shift-Turn

• Video

#### Power Throws

• Video

# The Delivery

- Delivery the shot put
  - -40 to 45 degree angle of release
  - Snap the shot put out with a flick of the wrist Basketball Shot with the elbow out
  - Right leg pushes through the throw and replaces the left in the front of the ring
  - The reverse comes naturally

## Drills

- Push Pull Drill – Work on the release
  - work on the release
- Power Throw with Reverse
  - Works on the release, follow through, and reverse

#### Push Pull

• Video

#### Power Throws with Reverse

• Video

# Video of Throw

# Warm-Up

- Know your thrower
  - Some like it a lot
  - Others like a little
    - Basketball/Football Coaches don't let their kids call all the plays. Your job is to have them ready.
- Get loose but not tired
- Ready and Repair minor flaws

   Stay away from making big changes This is done during practice

#### Conclusion

- Don't have all the answers
   Reinvent things every year
- Thank You

#### Contact

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