

Gliding Through The Season



Basic Fundamentals of the Glide Shot Put

- Jeff Ohlson
 - Bureau Valley High School

Acknowledgements

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

Introduction

- Disclaimer
 - Works here, but everybody is a little different
- The Coach
 - Resume

Resume

- Jeff Ohlson
 - Assistant Boys Track Coach
 - 13th Year
 - Started in 1997
 - Took 3 years off (2007-2009)
 - State Medalist
 - 7 Boys (Shot and Discus Combined)
 - 8 State Qualifiers (1 every year but 1997)
 - Before 1997
 - » 0 Medals
 - » 1 State Qualifier
 - 3 Girls (Shot and Discus Combined)
 - 6 State Qualifiers (1 every year but 1997)
 - Before 1997
 - » 0 Medals
 - » 0 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 Fundamentals.
- 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 Indoors
 - Technique 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 techniques
 - Glide 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 1st
 - Move to Shot Puts after
 - Flip Drill
 - Flip against the wall

Flip Drill

- Video

Starting Position (Crouch)

- Right Foot at 6 o' clock
- Free arm closed and relaxed
 - Left wrist over right knee
- Shoulders parallel
- Eyes on a spot 3 to 6 feet in the back of the ring.



Drills

- Starting Drill
 - No Shot Put
 - Foot and weight placement
- Balance Ball Drill
 - Balance on a Bosi ball
 - 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 – ½ Glides – Full Glides
- ½ 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 Action
 - Video

$\frac{1}{2}$ Glides or Short Glides

- Video

Video (Shot Put)

Front of the Ring

- Power Position
 - Right Leg
 - 80% of weight
 - Front half of the ring
 - Left leg
 - 20% of weight
 - Even with the right heal
 - Near the toe board

Drills

- Squat-Shift-Turn
 - With out shot put
 - With shot put
- Squish the Bug
 - Works on turning right knee and rotating the hips towards the front
- Power throws

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
- 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

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