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
- ¹/₂ Glides or Short Glides
 - Use shot put
 - Be quick
 - · Concentrate on form

Wall Sweeps

• Video

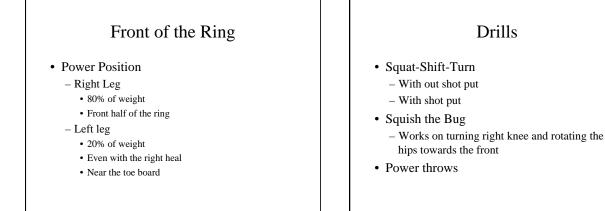
The Glide

- 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

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