

Technique Analysis & Fault Correction

GLIDE SHOT PUT

Glide Background

1952 Parry O'Brien popularizes glide with back facing sector.

- First to break 60 foot barrier
- Olympics -2 gold & 1 silver
- 116 consecutive victories

1965 Randy Matson breaks 70 foot barrier.

1988 Ulf Timmerman WR 75' 8"

Glide to Spin Progression

- Many elite shot putters are now using the rotational technique.
- Today more putters at the scholastic level are attempting the rotational style.
- Fact: Many of our successful rotational putters were very successful glide putters before changing their technique (Godina).

Influencing Distance Factors

- Strength/Power Training
- Technical Training

Why Choose the Glide Style?

- Simplicity
- Movement is Linear
- Technique simplifies balance/coordination problems

Distance Factors in the Shot

- Height of Release
 - *Angle of Release (40-42 degrees)
 - *Velocity of Release
- *Factors which can be influenced

PRIMARY PHASE

- FEET PARALLEL AT REAR OF CIRCLE
- FREE ARM CLOSED
- PRIMARILY ON DRIVING LEG
- SWING FOOT IS LIFTED
- BACK/SHOULDERS HORIZONTAL
- KNEE FREE LEG CLOSE TO DRIVE LEG

SWING-FALL-START

- Hard kick backward & downward
- Tilting toward stop board
- Closes Trunk
- Actively Extending
- Trunk unchanged/closed

BLEWITT



The "T" or "Down" Position

- Back & neck in straight plane.
- Center Gravity over Right Foot
- Movement is linear but rapid.
- Produces more precise power position

GLIDE

- In Tilted/T-Position
- Heel of Gliding Leg
- Lower driving leg snatching up
- Driving Foot Turning Inward

TIMMERMAN 1

QuickTime™ and a YUV420 codec decompressor are needed to see this picture.

POWER POSITION

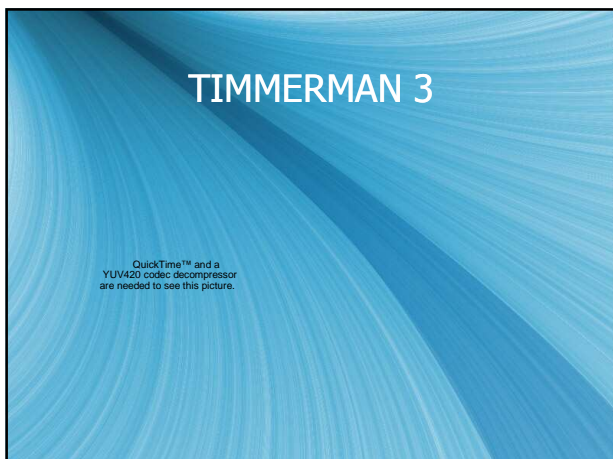
- Eyes focused to the rear
- Swinging arm still closed
- Shoulder axis square to throwing direction/behind gliding foot
- Knee bent over tip of the foot/loaded
- Feet position in V-formation
- Driving foot at center of circle

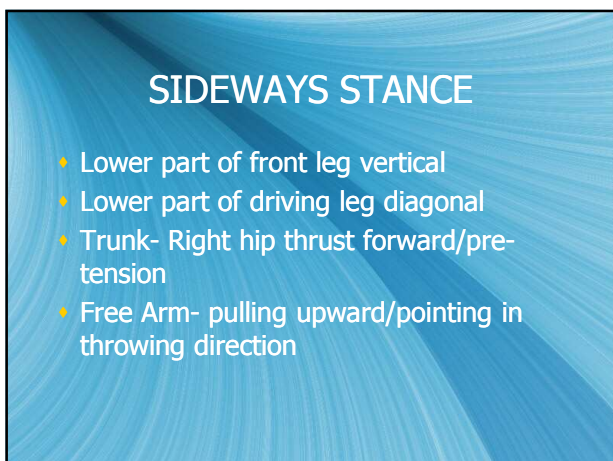
TIMMERMAN 2

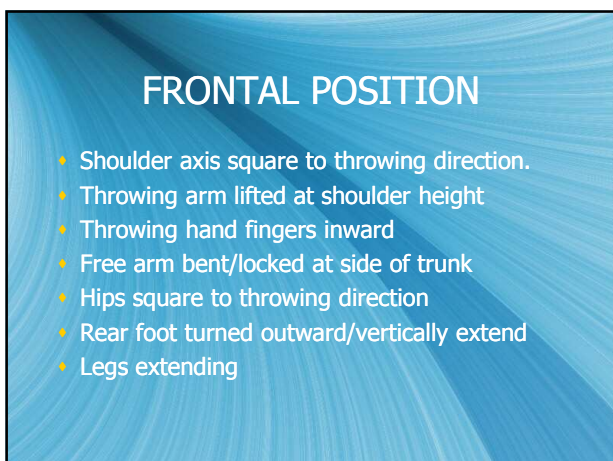
QuickTime™ and a YUV420 codec decompressor are needed to see this picture.

BRIDGE POSITION

- Eyes focused to the rear
- Free Arm- dynamically opening diagonally upward
- Driving leg-Turn-lift-extend
- Front foot 1"-2" from stop board







RELEASE

- Throwing arm lifted elbow/follow through
- Body-full extension/rigid
- Free arm side fixed
- Ankle/feet-on tips of toes

REVERSE

- Change of legs (In air)
- Support Leg/Support Foot-Braking recovery at stop board
- Free leg-Compensating & long
- Right foot facing 9 O'Clock

Reverse Vs Nonreverse

- Conclusion delivery left & right foot exchange positions.
- Putter lands flat footed on right foot.
- Facing 9 O'clock at completion.
- Feet remain in power position at release.
- Right foot moves 4to8 inches forward following release
- Application of force is over a longer path.

FAULT-CORRECTION



FAULT-CORRECTION

QuickTime™ and a
DV/DVCPRO - NTSC decompressor
are needed to see this picture.
