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).

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	Influencing Distance Factors	
	Strength/Power Training	
	• Technical Training	
	Why Choose the Glide Style?	
	Simplicity	
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	Movement is Linear	
	 Technique simplifies balance/coordination problems 	
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	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

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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

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

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SIDEWAYS STANCE	-
Lower part of front leg vertical	
Lower part of driving leg diagonal	
 Trunk- Right hip thrust forward/pre- tension 	
 Free Arm- pulling upward/pointing in 	
throwing direction	
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FRONTAL POSITION

- Shoulder axis square to throwing direction.
- Throwing arm lifted at shoulder height
- Throwing hand fingers inward
- Free arm bent/locked at side of trunk
- Hips square to throwing direction
- Rear foot turned outward/vertically extend
- Legs extending

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.



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