

Rotational Shot



The Goal of this Presentation

- Show key positions that throwers exhibit
- Demonstrate one or more drills to enhance each key position

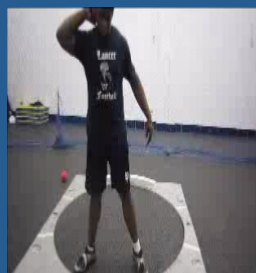


Start Position To Windup

- Feet slightly wider than shoulder width
- Toes pointing slightly out
- Rt foot fixed and flat
- Long relaxed left arm connected to left leg movement- ¼ turn max with upper body to ensure connection?
- Inside ball of left foot-pressure on big toe
- Weight 60-40 rt leg to left leg
- Slightly bent forward?
- Shoulders level



Start Position Drill



- Windup stop
- Toes pointing slightly outward
- Long left arm connected to the left leg movement
- Slight bend at waist
- Inside of left foot
- 60-40 weight rt to left
- Shoulders level



Wind To Unwind Position

- Left side moving together as one unit
- Left arm inside of left leg reaching out and around
- Left foot at 9 o'clock when rt foot is coming off the ground
- Rt hip pushing out making the rt leg go out and around
- Rt knee pointing upward knee to the sky
- Left heel low as it opens –helps balance and setup of sprinting to the front
- Inside of left foot



Start to Unwind Drills

- 9 o'clock drop
- Tap around
- 360 on air
- 360 pole in front
- 540 on air

9 o'clock Drop Drill

- Wind-Unwind repeat 3 times
- Drop and turn a little harder each time until rt foot comes off the ground
- Think rt heel up left heel down
- Keep the body unitized- the body moves as one unit



9 o'clock Drop Drill



9 o'clock drop drill side view

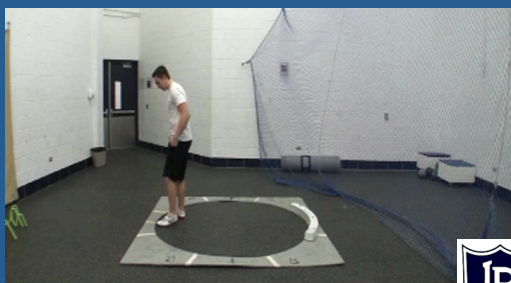


Tap Around Drill

- Work on windup-unwind positions
- Keep most weight on left leg –shoulders/hips level
- Pay attention to keeping body unitized
- Wide rt leg –toe to toe distance



Tap Around Drill



Puppet Position



- Left knee pressing down to circle
- Left foot facing down rt sector line
- Upper body vertical to ground
- Left side still unitized (connected) – left arm relaxed and still over left knee
- Hips and shoulders level
- Rt leg wide
- Rt knee pointing upward- to the sky



Puppet Drills

- Puppet using a wall
- Start to puppet using a wall

Sweep to Sprint Position

- Upper body still vertical
- Left arm long relaxed and to the target
- Lead with inside of rt leg- heel
- Starting to lift leg to sprint position
- Left knee-left arm still connected
- Chest up shoulders level
- This is when separation happens- rt knee under left arm – the “X”



Sweep Drills

- Pole drill
- Kick drill

Sweep to Sprint Drills

- High jump pit #1
- High jump pit #2
- High jump pit #3

Right foot Touchdown position

- Postural alignment stacked spine
- Chest and rt knee around the left sector line
- Shoulders and hips level
- Left arm somewhere around rt hip pocket for wrap
- Left knee tight to rt knee
- Rt foot facing somewhere between 3 and 1 o'clock position
- Ball of rt foot dorsiflexed
- Rt foot slightly ahead of center of circle



Right foot Touchdown position



Right Foot TD Drills

- Med ball south african to wall
- Start to wall catch
- Start to wall catch with med ball

Rt Foot Touchdown to Power Position "Wheel"

- Chest over Rt knee over rt foot
- Keep body unitized on turn-wheel
- Snap down left foot
- Shoulders level and closed to the back
- Rt heel left toe alignment
- Left arm relaxed and back
- Eyes back



Wheel Drills

- Wheel with hand on hips
- Wheel with med ball
- Wheel with pole
- Godina wheel
- Drop godina wheel
- South african to godina wheel

Power Position To Delivery

- Chest over Rt knee over rt foot
- Shoulders level and closed to the back
- Left arm relaxed and back
- Eyes back – head in a neutral position
- Rt foot-knee-hip continues to rotate to the front as left arm opens to the target
- Think lift rotate chase



Power to Delivery Drills

- Double pivot hands on hips
- Double pivot with pole
- Power position to "on line"
- Power position to "on line-push block"

Combination Drills

- Drop wheel to power press with pole
- Godina drop wheel to throw
- 360 tap to power

Video Positions



1. Windup
2. Unwind
3. Puppet
4. Sweep
5. Sprint
6. Right foot touchdown
7. Wheel to power position
8. Delivery

