

SHOT PUT

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Shot Put

Glide

- Simple technique
- Less variables
- Every level of athlete will improve
- Easy to manage large numbers
- Athletes learn how to strike the implement
- Mentally easier

Rotational

- You can Generate more Kinetic Force
- Helps under sized athletes
- Gains come fast
- Greater Margin of Error
- Technique not as crucial

Keys to Throwing

- **Balance**- Try to keep your shoulders parallel to the ground throughout the throw
- **Eyes**- Keep your head UP! This is the biggest problem with young throwers today
- **Tempo**- You must move slow out of the back. Elite throwers are moving fast because they are efficient not because they are trying to move quickly
- **Finish**- Learn the finish. Work on it every day
- Think of throwing as cause an effect. The answer is in the throw
- **YOU CAN NOT ACCELERATE THE BALL IN SINGLE SUPPORT!**

Before you Start

- Feet shoulder width
- Shoulders square
- Weight in the middle of the body
- Swivel feet
- Shoulders relaxed



The Entry

- **Slower the better**
- **Turn the left knee into the throw**
- **Square out of the back**
- **Activate with both feet**
- **Open left leg**
- **Push Right foot out**
- **Rotate on ball of left foot**



The Turn

- **Stay over the left leg**
- **Wide right leg**
- **Shoulders square**
- **Relaxed upper body**
- **Tempo not speed**
- **Move around the left side**



Take Off and Flight

- Right knee to the middle
- Look down the left sector
- Square to the middle
- Pre turn right foot
- Relax gravity will take control

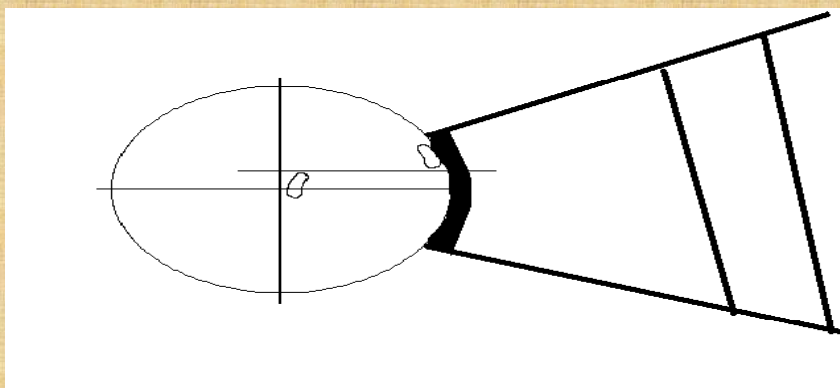


Contact

- Right leg turns the body!
- Upper body hangs back
- Stay low on legs
- Grind right leg
- Bring Knees together



Heel to Toe



- All the weight should be on the right side of the body

Turn the Right

- First things first-turn the right foot
- Turn on the ball of the foot
- Stay wrapped



Stand Throw

- Keep weight on right foot
- Continue turning the right foot until you can see the right sector
- Twist upper body and push through ground



The Put

- Turn torso forward
- Face the area throwing
- Keep head up
- Throw through the face
- Extend right leg
- Twist the "corkscrew"



The Release



- Extend right arm over the board
- Chase the shot
- Push "long" not fast



The Exchange

- Do whatever you can do to stay in the ring
- It helps to lift left knee
- Once the shot leaves your hand you can not do anything to it so "don't watch it"



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Five Bio-motor abilities

- **Flexibility-** Prevent injury, stretch before and after workouts
- **Coordination-** Hurdle mobility, Sprint drills, Sprint drills, drills increase kinesthetic awareness
- **Work Capacity-** build muscle endurance, work capacity helps consistency in competitions, athletes can perform well under less than ideal situations, multiple events
- **Speed -** Sprints , Sled pulls, Resistance runs, Block starts, Stadium runs, Build ups, Sprint drills, Strides
- **Strength-** Strength can overcome many deficiencies, Everyone can get stronger, Mentally tough, Confidence builder

Outside of the weight room

- Pull Sleds
- Push Cars
- Throw everything ex. Rocks, cones, overheads, water bottles, weights
- Jump rope
- Wrist and forearm strength
- Box Jumps
- Swim

Questions

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