

What determines how far you throw the Shot?

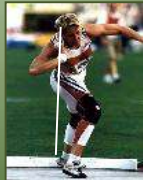
- **Height of release**
 - Taller better than shorter
- **Angle of release**
 - Optimal angle is between 33-38 degrees (depends on height)
- **Velocity of release**
 - This is what we work primarily on
 - we call it arm speed
- **Over the toe board**
 - Release position relative to toe board

PUTTING THE SHOT

- Long Pull
 - Movements are slow to fast
- Push the shot don't pull it
 - Correct use of the thrower's dominant side to push the implement
 - Be a pusher, not a puller
- Drive up and over with the shot
 - keep the shot in as linear as path as possible.
- Separation between the hips & Shoulders

The Power Position

- **Right-left foot alignment (heel-toe)**
- **Left arm is long,**
- **Higher than shoulder plain**
- **Away from the body**
- **Shot is far back**



The Power Position- Side View

- *Straight line from left shoulder to left foot*
- *Shot outside the right foot*



Shot Put Delivery

- *Left arm high (this makes it easier to get the hip around).*
- *Shot behind the hip (look for knee ahead of shot)*
- *Deliver the shot linearly (up & over)*
- *Look Up! (locks in forms the "C" position)*



Seated Release Drill

DRILLS VIDEO: COURTESY OF DON BABBIT



Step & Throw

Helps to teach proper hip drive



Stand-throw Teaching Arm only

Focus on proper arm & wrist mechanics



Stand-throw Teaching Trunk & Arms

Incorporate the Torque Concept



Stand-throw Teaching
Legs, Trunk & Arm
Full Body Throw Concept



Stand Throw with No Reverse (Good Block)
Rotational movement of the hips starts the throw,
lifting over the top with the upper body. Finish tall!



Stand Throw with Step Out (Drive into throw)
Chase the shot with the right hip.



Stand Throw with Reverse
Eyes on the shot until it leaves hand.
Land on flat right foot, long limbs, fight the rotation.



The Glide

- **Its not a hop!**
 - Hopping causes the thrower to "crash" on the right leg
 - Hopping makes the shot go up & down, not linear
- **It's a glide!**
 - Slow to fast gradual acceleration across the circle
 - Unseat & Left leg the key.
 - Goal is to land in an effective power position and put the shot

Back of the ring

- **Right foot flat, balance**
- **Shoulders square**
- **Left arm long and relaxed**
- **Left knee next to right knee**
- **Left foot does not cross right ankle**



Glide across

- *Unseat & Left Leg drive*
- *Must land in an effective power position*
 - *Shoulders square*
 - *Shot back*
 - *Left arm long*
 - *Right leg 'loaded'*
- *Rt. Leg Trigger!*
 - *Right leg must be immediately responsive*



Finish with good shot delivery mechanics!



- *Good Power Position*
- *Shot behind Rt. Foot*
- *Left Arm High*
- *Looking Back*

- *Head Back*
- *Good "C" Position*
- *Knee ahead of shot*
- *Drive shot up*






- *Hips facing forward*
- *Solid left side block*
- *Right elbow high*
- *Stayed back on Right*

- *Driving right hip thru shot*
- *extension so shot release is over the toe board.*



Head off to the side

- Legs Long
- Arms Long




Right foot flat.

Windows Movie Maker



Right Leg Sweep - Becca seems to kick the left leg up and left. The kick up is to help her get off the right foot and get to the middle. This is a common leg strength issue in younger throwers. Wanless is in a good "A" position and is much lower. Becca does keep her shoulders closed to the throwing sector, this is good.

The Total Throw Brenner



DRILLS

- 1-2 Drill
- Kick the med ball
- "A" Drill, right leg pull
- Left leg kick, "A" Drill, right leg pull
- Double Glides
- Glide with Med Balls to chest
