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Shot Put Glide Posture=Power

SHOT PUT Holding the shot



- Hold shot at the base of the fingers not in the palm.
- In palm - no push!
- Shot placed under ear and near jaw line.
- Elbow up and behind the ball.
- Hand position rotated forward not up.

Shot Put: Standing Throw Posture=Power

- Hips under throwers center.
- Shot in line with heel right foot.
- Shoulders face back of circle.
- Hips and toes 1/4 turn ahead.
- Draw line left leg to head.
- Right leg bend sets body angle.
- Body angle determines release angle.

Power Position



STANDING THROW:

- Have a rhythm to your standing throw.
- Move left arm toward the low point and shifting weight or loading onto right leg.
- Straight line on left side.
- Weight over right leg.

- The movement should begin with right foot and knee turning.
- Right hip rotates to the direction of the throw.
- The left arm should move with the right foot and knee.

INITIATING MOVEMENT

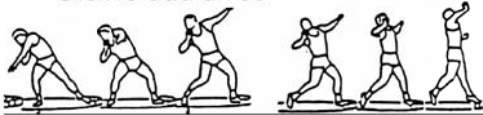
- Head and shot need to stay on focal point.
- Tension is created between the right side leg movement and the left arm opening.
- Throwers eyes should be pulled off a focal point at the back of the circle.

SHOT PUT - GLIDE

- **HIP FIRST – THEN FINISH:**
- The hip and left arm move ahead of the shot.
- Creation of tension through the chest shoulder and abdomen.
- Hitting finish too soon – loss of tension or separation.

Standing Throw

- Click to add an outline



THE GLIDE – STATIC START

- The right foot should be placed at the back of circle against and down the center line.
- Face the opposite direction of the throw. Most of the weight is on the right foot.
- Squat down on right leg, extending left leg toward center of ring.

GLIDE - DYNAMIC START

- Begin with the same starting position as mentioned above.
- Hips should rise while the back remains flat and left leg should extend out and travel up forming a "T" position with the body.
- The thrower should resemble a "T" with their body shape.

GLIDE - DYNAMIC START

- Hips and shoulders are upright with body weight on the right foot.
- Thrower initiates the start with aggressive hip drop down and toward the board.



GATHER POSITION

- Bring left foot close to the right heel.
- Thrower should resemble a ball.
- Right knee should not push out in front of the ball of right foot.



UNSEATING?

- To initiate movement in the direction of the throw unseating takes place.
- What is unseating?
- Controlled fall to the middle of the ring.
- Throwers hips move down and towards the front of the circle.
- Hips move down before drive occurs.



EXTENSION OR DRIVE PHASE

- A natural extension off the right leg should occur in combination with the unseating.
- Left leg extends forcefully toward the toe board.
- Left foot should move very close to the surface of the circle.
- Right heel is the last contact while moving off the back.



FLIGHT PHASE

- Thrower turns hips and feet a $\frac{1}{4}$ turn while keeping the shot and eyes facing back.
- This movement creates separation between upper and lower body.



RECOIL MOVEMENT

- Recoil right foot back under body at center of circle.
- Throwers have problems getting right foot back under them.
- Turn right foot before touchdown in the middle.



GROUND-UP ROTATION



- RIGHT FOOT AND HIP TURN TOWARDS THROWING DIRECTION
- Critical
- When turning action is complete the thrower's hips face direction of release

RIGHT FOOT AND HIP TURN



LEFT SIDE BLOCK AND LIFT

- Left leg straightens and presses through the ball of the left foot.
- Causes the hips to lift and shot release point to increase.
- The hips should be between both feet; not shifted to the left side.
- Left arm travels through the high point as a long arm.
- Left arm bends and stops at left side.

LEFT SIDE BLOCK AND LIFT



VAULTING ACTION & REVERSE

- Right leg drives through and the left leg straightens.
- Hips elevate
- Right foot should replace the left foot at the toeboard.

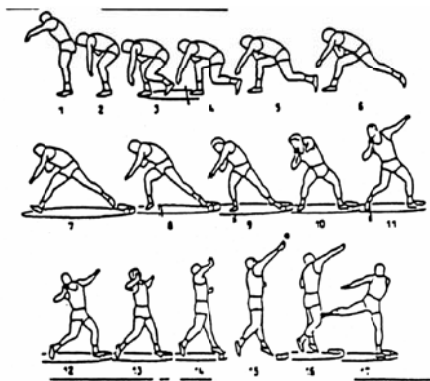
VAULTING ACTION & REVERSE

- Left leg should move behind the thrower staying straight.
- Left leg counter balance.
- Land with right side of body facing the throw.

VAULTING ACTION & REVERSE



FULL THROW PHOTO SEQUENCE



Trouble Shooting

- Hopping across ring
- Open in power position
- Not staying in the circle - fouling
- Can't get across circle in glide
- Palming the ball – no finger push
- Throwing too low – posture break?
- Lacking power – Legs?
- Not turning feet and hips in glide

Drills

- Towel Drill for staying back
- Mini-Glides
- Back Pedal Throws
- Med ball Drills – Excellent for Cold Weather.
- Throw over PV cross bar
- Glide under drill – under broom handle
- Practice Reverse!
- Ball kicks with swing leg

Short vs. Long Glide

- Short Glide with wide base better for tall athletes.
- Work the ball over longer path.
- Long glide with small base good for explosive athletes.
