

out of the back

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First, throwing the shot put is one of the most dynamic activities in sport. While it is my personal opinion, it has also been bared out by several biomechanists. When was the last time you heard an elite sprinter comment that they didn't want to push off the ground? It isn't knee drive that gets Usain Bolt from point A to point B. It is a result of what he does when he is in contact with the ground. Coming out of the back of the ring is the same. Oldfield PREACHED to sprint out of the back. He experimented with moving his feet closer together in the back to be better able to sprint off the back. The diameter of the ring restricts big throwers because they can't sprint as effectively as short guys (thank god or I wouldn't have had a career). The issue with the shot put is to get a dynamic push without traveling too deep in the ring. In the discus you can sprint as hard as possible because the ring is so big. In the shot you have to allow the direction of your sprint to be a little more vertical to allow your center of mass to rise a little and take some of the distance off the sprint.

As far as the right leg sweep is concerned, it does nothing until you are off the ground and the direction of your sprint is set. The right leg sweep is far less pronounced than it is in the discus where the implement is far away from the center of mass.

The goal out of the back of the ring should be to turn over the inside ball of the left foot with good balance and then sprint in a direction parallel to the right sector line. The action of the right leg will pull you into the middle of the ring and if it is a stable right leg action you will land with your weight properly balanced over the right.

The goal needs to be having a technique that is simple as possible. Sprinting allows that to happen and allows you to use biomechanics to your advantage.