

Coaching the Shot Put

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Coaching the Shot Put

- Glide vs. Spin
- Assessing the Athlete
- Technical Model
- Timing it Together
- Training the Throw
- Taking Care of the Hand

Spin vs. Glide

- Glide

- Less complicated
- Quicker to learn

- Spin

- Longer path of acceleration
- Compliments discus

Jessica Pressley

- Shot Progression

- HS Glide 51' 5"
- RS 48' 8.25"
- Fr. 55' 11.25"
- So. 56' 4.75"
- Jr. 59' 7"
- Sr. ??

- Discus Progression

- HS 146' 6"
- RS 159' 2"
- Fr. 180' 8"
- So. 184' 4"
- Jr. 179' 5"
- Sr. ??

Spin vs. Glide Considerations

- Time
- Athlete's physical characteristics
 - Height
 - Strength
 - Weight
- Athlete's abilities
 - Explosiveness
 - Rotational awareness

Concepts to Remember- Glide

- Power position is most essential source of acceleration
- Linear acceleration can be created in double and single support
- Shot achieves highest velocity when accelerated in the straightest path

Concepts to Remember- Glide

- Longer is better!
 - Longest optimal path of the shot/athlete system allows for greatest creation of momentum
- Difference between 'Quick' and 'Fast'
 - Fast- Velocity
 - Quick- Completion in a short amount of time
- Athlete's perception of acceleration
 - Long motions feel slow, short motions feel fast

Areas of Importance

- Stand Throw
- Glide
- Transition

Stand Throw

- Alignment
- Center of Mass
- Wind Up

Stand Throw

- Feet to rotate first and finish with hips and feet pointing in the direction of the throw
- Separation
 - Triggers the stretch-reflex action
- Left Arm
- Correct firing chain

Reverse

- Rotation of the hips initiated with the legs
- Crossing of the hips
- Separation
- Left Arm
- Finishing position
 - Right foot placement
 - Long reach after the throw

Setting up the Back



- Right foot on midline
- Center of mass over Right leg
- Shot outside of ring
- Left arm long and loose
- Hips and shoulders square and level

Initiating the Glide

- Loading of the Right leg
- Bringing in the Left leg
- Unseating of the Center of Mass



Drive Phase

- Continue unseating the Center of Mass
- Extension of both legs
 - Reaching Left leg to the toe board
 - Opening of hips
- Left arm is long and reaching to the back of the ring

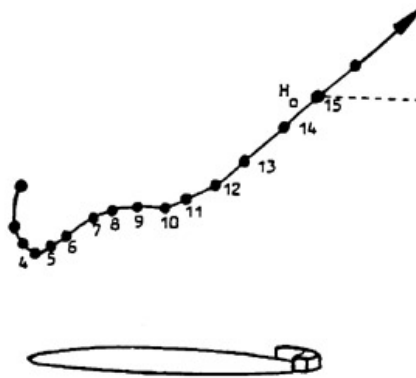
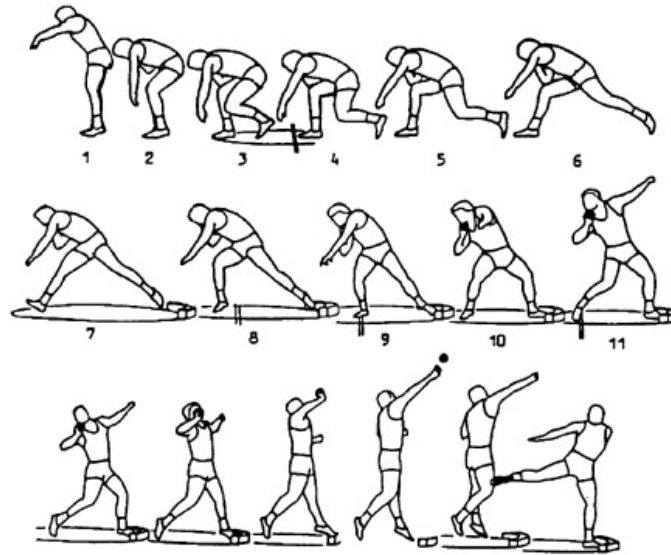


Transition Phase

- Preparing for eccentric loading
 - Pulling in Right knee and foot
 - Letting the ground come to you
- Creating separation
 - Right foot and Hips pre-turn and create a pre-stretch
- Landing of feet Right to Left

Timing it Together

- Rhythm of the throw
 - Shot/Athlete system
- Glide has a vertical rhythm
- Horizontal momentum must continue forward into the block
- Timing vertical and horizontal forces at the delivery



Throws in Practice

- Non Reverse
- Reverse
- Jumping Throws
- Mini Glides
- Full Glides

Glide Drills

- Balance and posture
- Unseating drill
- 'A' Frame drill
- 'A' Frame and pull heel
- 'A' Frame and pull heel and knee
- Butterfly glide

Shot Drills

- Stand throw progression
- Med ball throws
- Left arm drill

Taking Care of the Hand

- Proper warm up
- Wrist support (tape)
- Proper throwing mechanics allows for correct delivery of shot
- Keeping elbow up and shot in the neck

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Questions?