

GENERAL AND SPECIFIC EXERCISES FOR THE SHOT PUT

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General and specific exercises, with or without loads, usually receive little attention and are often overlooked in the training of shot putters. This text presents a wide range of exercises considered to be effective for the transfer of strength and speed strength to the movement structure of the shot. Originally published in Kegkaya Atletika, No. 3, 1995. Re-printed with permission from Modern Athlete and Coach.

The role of specialized exercises for shot putters is well-known, but unfortunately we see very little on the subject in the literature. Even in practice is the tendency of using nearly 50% of the total training time directed towards general strength development noticeable. Specific exercises, with or without loads, receive little attention. This also applies to running and jumping exercises. It appears that the effect of the transfer of strength and speed strength potential to the basic movement structure is badly overlooked.

The lack of volume of specific exercises in training is frequently reflected in several common shortcomings that can be observed in competition:

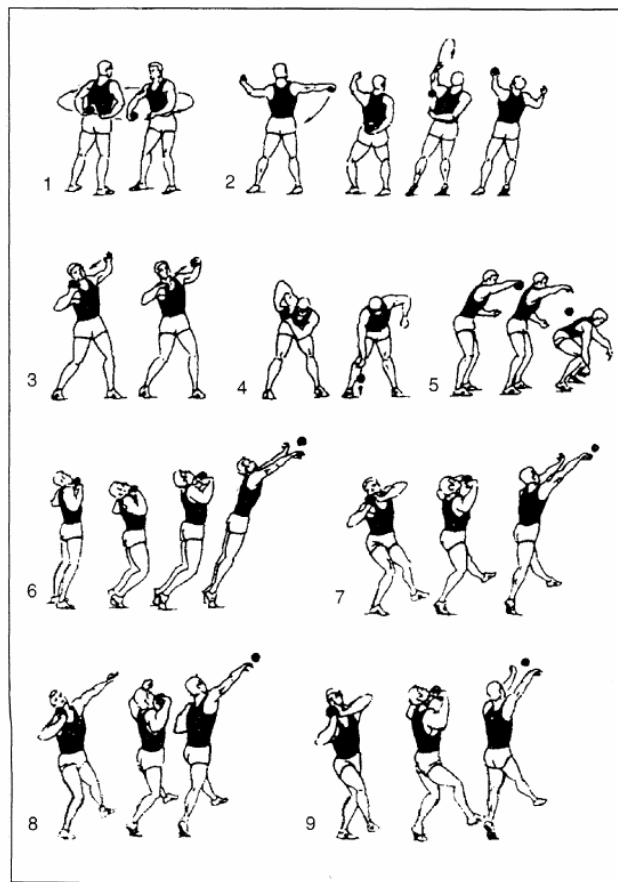
- An intense, energy-consuming preparation for the glide.
- An open double-support position prior to the delivery.
- A cramped and shortened performance of the final delivery.

SPECIFIC EXERCISES

Specific exercises can be divided into 4 major groups:

Exercises in Group 1 are used to develop and prepare the shoulder, forearm and wrist (Exercises 1 to 5). Each exercise is performed with 10 to 20 repetitions.

Exercises in Group 2 are expected to develop lower extremities for the introductory movements (Exercises 6 to 10). Attention must be drawn to the placing of shoulders and both forearms in the starting position. Their axis must be placed on the same plane. Each exercise is performed up to 10 times.

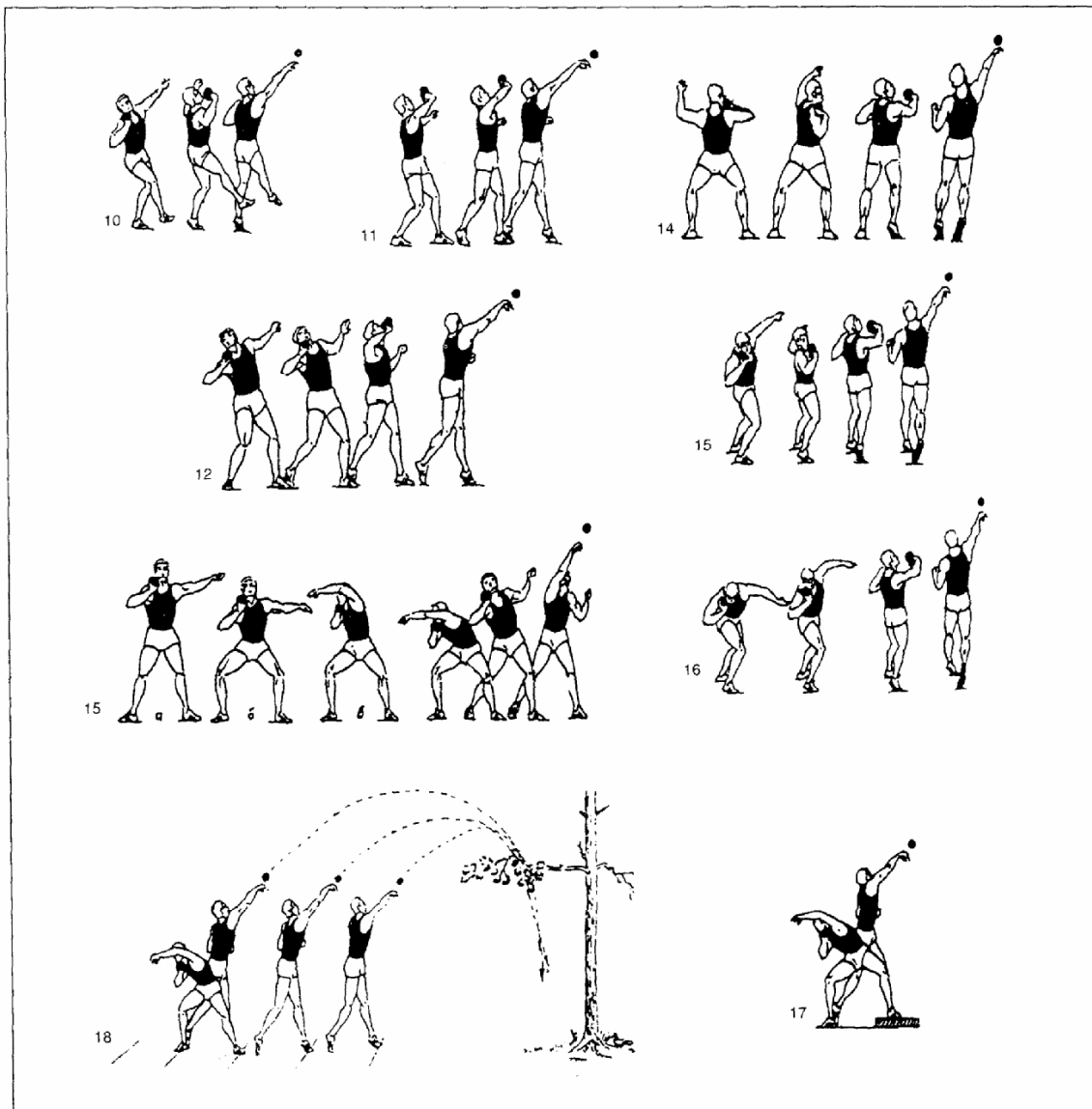


Specific exercises 1-9

Exercises in the Group 3 are directed toward keeping the shot's projectory to the right of the right hip (as long as possible) until the braking moment of the hip girdle (Exercises 11 to 20). In addition, it is definitely necessary to execute the following positions (the example is based on Exercise 13):

- The straddled feet are 70 to 100cm apart, turned outwards.
- The knee joints are according to the task bent 120° to 90°.
- The trunk is turned right around the vertical axis, while the position of the frontal axis of the pelvis is maintained.
- The weight is shifted on the right hip without lifting the heel of the foot.

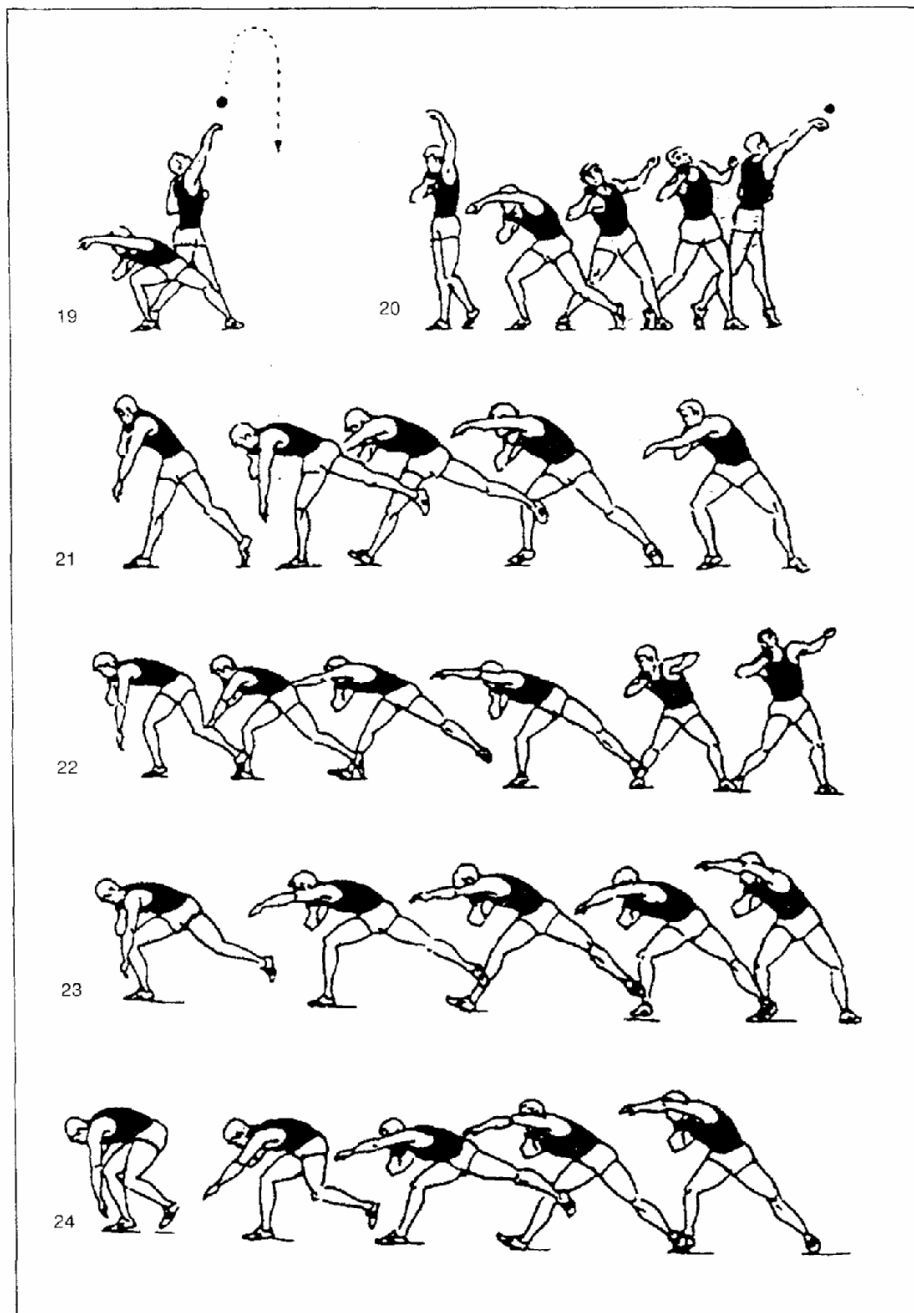
This performance sequence of the exercises allows the athlete to apprehend muscular tension in the hip, lower leg and ankle extensors, as well as in the trunk flexors and extensors. The delivery action begins with the extension of the knee joint of the right leg, the extension of the right hip, and is followed by the extension of the left leg and finally the wrist of the delivery hand.



Specific exercises 10-18

Each exercise is performed with 5 to 10 repetitions, using the variation method of different weight implements.

The fourth group of exercises is designed to develop the glide. The main tasks in the execution are the achievement of an active lead leg and a delayed extension of the driving leg. The position of the shot should be maintained, allowing at the most a 15 to 20cm rise in the horizontal plane in comparison to its lowest point, (Exercises 21 to 24). Recommended are 2 to 3 sets of 10 repetitions.



Specific exercises 19-24

It is absolutely necessary in these exercises to continue with the forward movement of the pelvis from the right leg to the left when the athlete reaches the second single-support phase. Following this the first part of the final exertion should begin immediately after the left foot is placed on the surface of the circle.

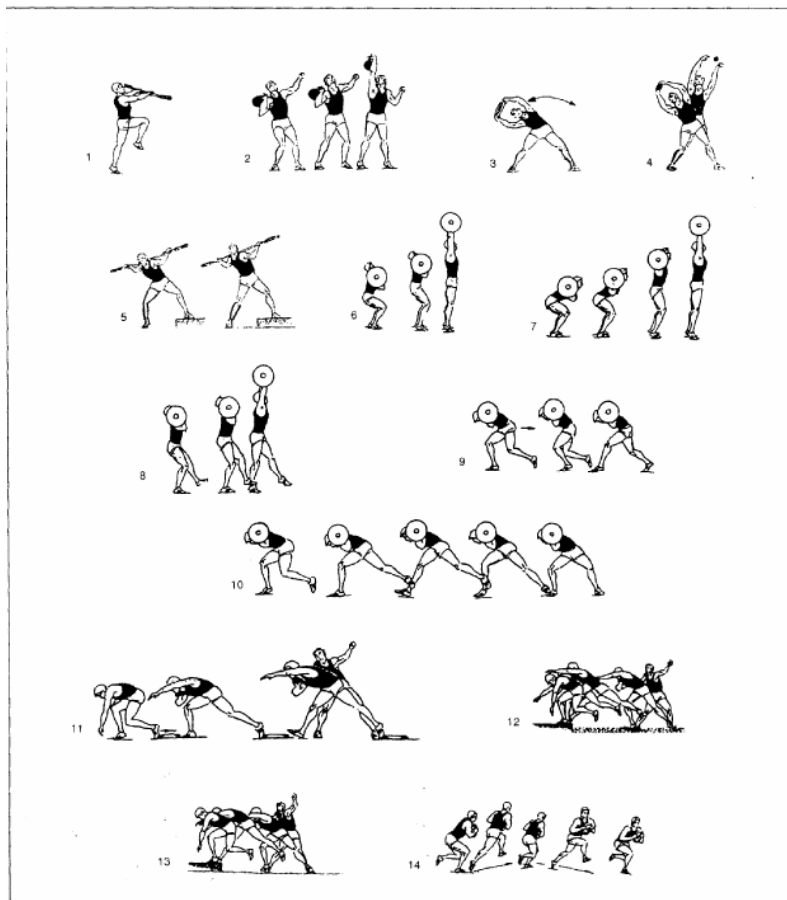
Emphasis in the second, third and fourth group of exercises is always placed on forestalling the movement of the large body muscles ahead of the shoulder muscles and the implement.

GENERAL EXERCISES

The positions for the execution of Exercises 2, 5 and 9 to 13 are similar to the positions of third and fourth group of specific exercises. The following additional remarks apply to other exercises:

- Exercise 1—running with a high knee action holding a bar with straight arms (3 to 6 series of 15 to 25m).
- Exercise 3—sideways bends with a weight disc (15 to 25kg).
- Exercise 4—throwing and catching a shot above the head without changing the shoulder axis.
- Exercise 6—barbell press from a bent knees position.
- Exercise 7—behind-the-neck barbell press from a bent knees position.
- Exercise 8—barbell press from the chest while standing on one leg.
- Exercise 14—bounding with a weight disc on the chest in a static position.

All the above-described exercises are performed in 3 to 6 sets with 5 to 10 repetitions of each.



General exercises