



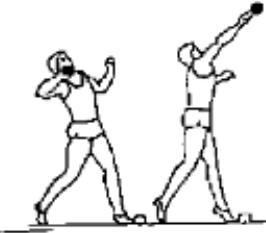



THE GLIDE SHOT PUT

by Fletcher McEwen

EVENT PHASE		
	<p>PREPARATION (ENTRY)</p>	<ul style="list-style-type: none"> • Shot rests on fingers and their bases • Shot held against neck under chin • Elbow at 45 degree angle to body • Thrower starts at rear of circle, back to the throw • Trunk bent forward, weight balanced on right leg
	<p>MOMENTUM BUILDING PHASE I</p>	<ul style="list-style-type: none"> • Free leg is bent and drawn to the back • Weight moves to heel of left foot • Free leg is driven towards the stopboard • Support leg keeps contact for most of glide • Right foot dives off the heel • Shoulders kept square to the rear of the circle
	<p>MOMENTUM BUILDING PHASE II</p>	<ul style="list-style-type: none"> • Right foot is actively placed in centre of circle • Landing on the ball of the foot • Left foot lands immediately afterwards • Upper body remains behind the legs • Shoulders kept square to back • Left toe in line with right ankle on landing

	<p style="text-align: center;">TRANSFER PHASE (POWER POSITION)</p>	<ul style="list-style-type: none"> • Body weight starts on ball of right foot • Chin, knee & toe are aligned on landing • Shot is behind the base of support • Shoulders separated from the hips • Right foot turns out commencing delivery • Right hip is driven around to the front
	<p style="text-align: center;">DELIVERY</p>	<ul style="list-style-type: none"> • Right leg extends explosively • Left side braces and left leg extends • Body weight transfers from right to left leg • Shoulders remain horizontal • Arm strikes after full extension of legs • Double foot contact is kept as long as possible • Head is kept up watching shot go
	<p style="text-align: center;">RECOVERY</p>	<ul style="list-style-type: none"> • Legs are changed quickly after the release • Right leg bends to aid balance • Upper body is lowered • Left leg swings backwards

In the shot the legs are first accelerated ahead of the upper body and then braced. The shot is then accelerated by the right side being driven around the left, which is blocked on delivery. The combined movements result in a movement from bottom to top, round, forward and up.