

Spin to

Wall Touch

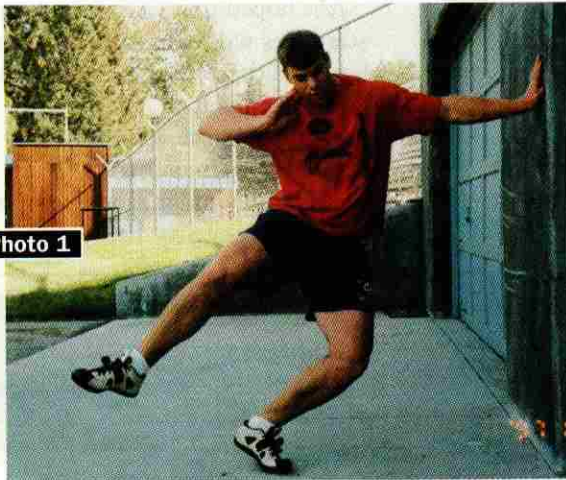


Photo 1

Buddy



Photo 2

Having developed a basic technical model for the rotational shot-put last month, we would like to offer a complementary teaching program for the coach and putter.

In designing a program for an event such as the shot-put, coaches have to break down the whole into parts that can be quickly taught and transmitted back into the whole.

KEYS TO ESTABLISHING TECHNIQUE

1. It is absolutely essential for the putter to establish the proper balance at the start of the throw. The key lies in emphasizing the

lower rather than the upper part of the body.

Beginners often tend to be overaggressive with the upper body at the start. This becomes clearly visible whenever the athlete clears with his left arm and dives into the center with his left shoulder.

It takes a lot of patience to start slowly. The athlete must learn how to stay level, create separation, and develop turning ability.

Drill 1, Wall Touch.

Teaches the importance of balance and alignment in the entry position.

The putter should assume the starting position at the back of the ring. After performing a wind-up, he should shift his weight over to the left foot and start to pivot toward the direction of the throw, using the left side as a vertical axis to pivot around.

The movement should stop when the putter can brace his arm against a wall, as shown in Photo 1. He must then hold this position until the coach can check his alignment.

Create linear momentum/ Conserve rotary momentum. The athlete must achieve a state of dynamic balance as he pivots on his left foot and sweeps around with his right leg.

Linear momentum is created when

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Win

the athlete unseats or leans with his left hip as he shifts his weight to the left side.

Rotary momentum is conserved when the right leg is lifted forward and swung wide around the rotational axis created by the left side.

Drill 2, Buddy

Establishing a rotational axis in the entry.

As shown in Photo 2, the putter assumes his starting position at the back of the ring, holding a spotter's hand. He then proceeds to pivot toward the direction of the throw, paying particular attention to loading the left leg and sweeping with the right leg.

He stops his movement soon as he reaches a sideways entry position facing one o'clock.

Establish rhythm and proper foot placement. Controllable speed is vital at the start, calling for rhythmic drills that feature a slow to fast tempo. The beginner's tempo has been described as a count of 1-2-3. As the athlete progresses in his technique, the tempo becomes faster, as in 1-2-3.

Drill 3, Wilkins Walk-Through

Aids the putter in feeling the separate positions or parts in the whole throw and teaches the importance of being on balance throughout the throw.

From the starting position, the putter performs a series of pivots—coming to a complete stop between pivots in order to maintain control and balance.

The recommended sequence includes stopping at a position that is 90 degrees away from the start, as shown in Photo 3A, then proceeding to a position at the center of the ring that is 180 degrees away from the prior position (Photo 3B). To finish the drill, the putter simply pivots into the power position (Photo 3C).

Develop timing in the transition. Since failure to maintain a continuous pivot on the right foot in the center of the ring will destroy the sequence of the throw, no stalling or delay can be allowed.

Once the right foot lands, it must be actively turned. The putter must remember to

Walk-Through



Photo 3a



Photo 3b



Photo 3c

SPIN TO WIN

Wheel



Photo 4a



Photo 4b

"squeeze the knees" in order to ensure proper timing during the transition phase.

The left knee must actively follow behind the right knee while the left shin and foot are held in a position parallel to the ground. This low position of the left leg allows the foot to be grounded quickly. Note: The feet should be in a heel-to-toe stagger upon landing in the power position.

Drill 3, Wheel

Teaches the athlete to maintain proper balance and range in the power position, and emphasizes the importance of a continuous pivot on the right foot in the center of the ring.

The athlete assumes a power position in the center of the ring (Photo 4A), and then pivots counter-clockwise on his right foot into a position that is identical to his original stance (Photo 4B). A new

starting position is thus attained. The putter then pivots once again into a new power position.

The shoulders should be "closed" at the beginning of this drill and should remain torqued throughout the drill. The weight should remain on a bent right leg throughout the turns. ■

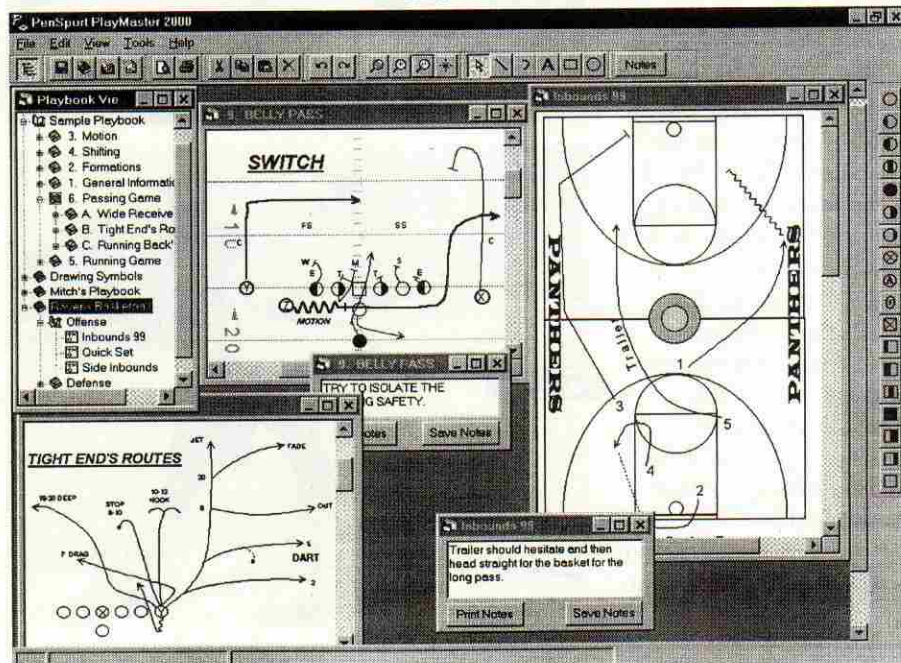
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