



Shot Put Glide Technique

By Rob Lasorsa

* All movements are based on a right-handed thrower.

Grip, Carry, Release

Grip:

- Objective: Proper placement of shot in hand
- Description: The shot is placed on the “ball” of the hand. The fingers are slightly spread and placed behind the shot, while the thumb is placed on the side of the implement for control.

Carry:

- Objective: Proper placement of shot against the neck
- Description: The shot is placed under the chin and against the neck, above the clavicle. The hand is “behind” the shot, not underneath it.

Throw into the ground:

- Objective: Proper arm extension and hand “follow through”
- Description: Bend at the waist so that the upper body is parallel to the ground. Place the non-throwing hand under the shot and the throwing hand on top of the shot. The elbows should be out. Starting from the chest, the shot is “pushed” to the ground by fully extending the throwing arm. The fingers of the throwing hand should “follow through.”

Kneeling throw #1:

- Objective: Proper arm extension and hand “follow through”
- Description: Facing the throwing direction, place the right knee on the ground. The left arm is extended towards the throwing direction. From its proper position against the neck, the shot is “pushed” in the throwing direction, using correct arm extension and wrist action.

When gripping the shot, the shot should be placed on the “ball” of the hand.

Kneeling throw #2:

- Objective: Proper throwing arm and non-throwing arm action
- Description: During the throwing movement of the kneeling throw #1 drill, allow the non-throwing hand to come towards the non-throwing shoulder. Do not allow the shoulders to rotate.

Kneeling throw #3:

- Objective: Proper throwing-arm action from a longer push position
- Description: Starting in the same position as in the kneeling throw #1 drill, rotate the shoulders 90 degrees to the right so that the shot is behind the right hip. "Push" the ball in the throwing direction as in the previous drill. The shoulders will naturally come to the front without forcefully rotating.

Sequence of Movement

Kneel to stand #1:

- Objective: Concept of throwing from the "ground on up" (using the lower body before the upper body)
- Description: From the kneeling throw #1 drill position, stand up by fully extending the legs. Execute a proper release from this position.

Kneel to stand #2:

- Objective: Concept of using the lower body before the upper body from a longer "push" position
- Description: From the kneeling throw #3 drill position, stand up, while keeping the shot behind the right hip and upper body 90 degrees to the right. Execute a proper release from this position.

When throwing the shot, the sequence of movement involves throwing from the "ground on up" (using the lower body before the upper body)

Power Position

Right-foot turn #1:

- Objective: Proper movement of the right foot
- Description: Stand 90 degrees to the right of the throwing direction, with the shot placed against the neck and the non-throwing arm extended. Turn the right foot inward (which will cause the right hip to face towards the throwing direction), while keeping the upper body in its original place.

Right-foot turn #2:

- Objective: Proper movement of the right foot
- Description: Perform the same action as in the right-foot turn #1 drill. Execute a release after the right foot cannot turn anymore.

Lower-body turn:

- Objective: Proper turning movement of the lower body

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- Description: From the right-foot turn #1 drill starting position, rotate the upper body and left foot an additional 90 degrees to the right. The right foot remains in its original position. From this position, the right foot initiates the movement by turning inward. Keep the upper body "back" as long as possible, so that the lower body can "lead" the throw. Once the lower body is turned to the front, and the left foot is firmly planted on the ground, execute a release.

□ *Right-leg extension:*

- Objective: Proper right-leg extension
- Description: From the right-foot turn #1 drill position, lower the body over the right foot by bending the right leg. The only part of the left foot that is in contact with the ground should be the big toe. Extend the right leg without turning the right foot.

□ *Side-standing throw:*

- Objective: Proper sequence of movements
- Description: From a side-power position, forcefully extend the right leg, while the right foot is turning inward. Feel the legs and hips work independently of the upper body. Once the lower body is fully extended and turned to the front, execute a release, while the left foot is firmly planted on the ground.

□ *Full-standing throw:*

- Objective: Proper sequence of movement from the power position
- Description: From the side-standing throw drill position, rotate the upper body an additional 90 degrees to the right. The right foot remains in its original position. Execute the same movement, with the lower body as in the side-standing throw drill. Perform a proper release at the front.

In the sequence of movement, once the lower body is fully extended and turned to the front, execute a release, while the left foot is firmly planted on the ground.



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Movement Across Ring

- *Left-leg extension #1:*
 - Objective: Maintain proper weight distribution
 - Description: From the full-standing throw drill position, bring the left foot next to the right. Extend the left leg back to its original position, while keeping the shoulders back. Do not shift weight towards the front, as the left leg is extending.
- *Left-leg extension #2:*
 - Objective: Proper movement once the left foot touches the ground
 - Description: Execute the same movement as in the left-leg extension #1 drill. Once the left foot touches, perform a standing throw from the power position. Allow for continual movement without a hesitation in the power position.
- *Backwards walk #1:*
 - Objective: Backwards movement
 - Description: From the right-foot turn #2 drill position, walk backwards. Keep the shoulders back as the lower body stays "active" (90 degrees).
- *Backwards walk #2:*
 - Objective: Backwards movement, while staying low
 - Description: While keeping the knees bent, execute the same movement as in the backwards walk #1 drill.
- *Backwards step #1:*
 - Objective: Backwards movement into the power position
 - Description: From the right-foot turn #2 drill position, lower into the legs. Step back with the left. Pull the right leg underneath the upper body and then extend the left leg towards the front of the ring, so that a power position is obtained. Keep the shoulders back during the whole drill.
- *Backwards step #2:*
 - Objective: Backwards movement into a throw
 - Description: Execute the same movement as in the backwards step #1 drill. Once the left foot touches in the front of the circle, perform a standing throw from the power position. Allow for continual movement without any hesitation in the power position.
- *Backwards hop #1:*
 - Objective: Explosive backwards movement
 - Description: From the backwards step #1 drill position, step back with the left foot, hop into the air off the left foot, pull the right leg underneath the upper body, and extend the left leg in order to land in a proper power position.

The backwards hop drill #1 helps develop the ability to move explosively backwards.

□ *Backwards hop #2:*

- Objective: Explosive backwards movement into a throw
- Description: Execute the same movement as in the backwards hop #1 drill. Once the left foot touches at the front of the circle, perform a standing throw from the power position. Allow for continual movement without any hesitation in the power position. Stay in a "double-support" base (do not reverse) once the shot is released.

□ *Backwards step #3:*

- Objective: Turning the lower body to an "active" position while moving
- Description: Starting at the back of the ring, face the back with both feet together. The shot is placed properly against the neck, and the non-throwing arm is extended. Step back with the right foot, while turning it inward 90 degrees. Bring the left foot to the front of the circle, while sinking over the right leg in order to obtain a proper power position.

□ *Backwards step #4:*

- Objective: Turning the lower body to an "active" position and continuing into a throw
- Description: Execute the same movement as in the backwards step #3 drill and continue into a throw once a power position it properly obtained.

Glide

□ *One-foot hop on line:*

- Objective: Turning the right foot
- Description: Balance on the right foot, while standing on a line. Take a small, backward hop off the right foot, while staying on the line. Each time a hop occurs, turn the right foot inwards 90 degrees to get the right leg and hip in an "active" position. The shoulders should stay back, while the right foot is turning.

□ *Fence drill #1:*

- Objective: Keep the upper body back, while the lower body becomes "active"
- Description: Hold onto a fence with both hands. The arms are outstretched. Balance on the right foot. Hop upwards off the right foot, turning both hips 90 degrees while in the air. Bend the right knee at landing in order to achieve a power position.

□ *Fence drill #2:*

- Objective: Keep the upper body back, while the lower body becomes "active"
- Description: Start in the same position as in fence drill #1, except place the shot against the neck and only hold onto the fence with the non-throwing hand. Perform the same action as in the previous drill.

The fence drill #1 is designed to help the thrower keep the upper body back, while the lower body becomes "active".

- *Fence drill #3:*
 - Objective: Left-leg extension
 - Description: Start in the same position as in fence drill #2. Bring the left knee next to the right knee and then extend it back to its starting position.
- *Fence drill #4:*
 - Objective: Start of movement at the back of the ring
 - Description: Start in the same position as in fence drill #3. Again, bring the left knee next to the right knee, while simultaneously bending the right knee so that the hips are moving back and down slightly.
- *Fence drill #5:*
 - Objective: Beginner's glide movement
 - Description: Start and perform the same movements as in fence drill #4. Once in the slightly-seated position, simultaneously extend the left leg back towards the ground and hop upwards off the right foot. Turn the lower body 90 degrees in order to get it "active." As the right foot lands, allow the body weight to sink over a bent right knee so that a power position is achieved. Hold onto the fence during the whole action.
- *Fence drill #6:*
 - Objective: Beginner's glide movement to a throw
 - Description: Perform fence drill #5. Once in the power position, let go of the fence and take a standing throw.
- *Glide stop:*
 - Objective: Glide movement
 - Description: Start at the back of the ring and perform an action similar to fence drill #4. This time, the right foot will hop slightly up and back. Once the right leg is extended, "pull" the right knee back underneath the upper body in order to land in a correct power position. Both feet should land on the ground approximately at the same time (the right foot may land slightly before the left foot).
- *Glide, stop, and throw:*
 - Objective: Glide movement to a throw
 - Description: Perform the glide-stop drill. After landing in the power position, take a standing throw.
- *Full throw:*
 - Objective: A full throw
 - Description: Perform the glide, stop, and throw drill without hesitating in the power position. As soon as the feet land in the power position, proper action of the lower body must take place, while keeping the shoulders back as long as possible. Stay in a "double-support" base (do not reverse) after the release.

When performing a full throw, as soon as the feet land in the power position, proper action of the lower body must take place, while keeping the shoulders back as long as possible.