

Proficient Rotational Shot in Three Weeks

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simple, repeatable technical model which is proven to work

Introduce a unidirectional system

The system in the most efficient way to get the fastest results

order of program

Realistic 3 Week Goals

Introduction of Technical Models

Order of Athlete Learning

Phase 1 Drill Progression

Drill -Throw Integration

Video Analysis Basics

Constants

Push don't pull

Full leg extension -No knee bend at release

Full leg rotation -Knee caps to center sector at release

Weight on the left leg at the back of the ring (rotational)

Weight on the right leg at the front of the ring -At release

Weight on NO legs across the ring

Turn on the axis -Don't turn the axis

Less movements (get rid of the garbage)

technical model -positions

technical model -spin

Four Key Positions -Find these and you will be fine

Back -On left -leg balance with low, wide right leg

Middle -Axis established, left side relaxed and wrapped

Power -Heel-toe, left side back, weight on the right leg

Release -Shoulders level, left foot, hips and head in line

technical model -spin

Back of the ring

On left leg balanced

Wide low, wide right leg

Right leg at 12:00, Left shoulder at 6:00

Low left knee (hopefully)

technical model -spin

Middle

Axis established

Left side relaxed and wrapped

Hips facing 3:00

Knees together

Left foot at 9:00

technical model -spin

Power

Heel-toe

Left side back

Weight on the right leg

Both knees bent

technical model -spin

Release

Shoulders level

Left foot, hips and head in line

Full leg extension

technical model -movement

technical model -spin

Core principles of movement

Extension for rotation

Establishing the axis

technical model -spin

Extension for rotation

best throwers rotate the feet and extend the legs to a jump

technical model -spin

Establishing the axis

technical model -spin

Establishing the axis

technical model -spin

Rotational force and linear drive at appropriate times

Most athletes create only rotational force

Linear force must be incorporated

technical model -spin

Rotational force and linear drive at appropriate times

Linear force is incorporated in two places in the throw

The left leg drive across the ring

The right hips and arm through the delivery

This applies to both shot put and discus

athlete learning of learning establishes a system of easily-learned segments

athlete learning specific drills are the majority of movements for raw beginners

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throw until they can throw -Get the mind out of the way

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the bigger picture

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Phase 1 drill progression - Front

Constant and invariable:

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Weight on the right leg at the front of the ring -At release

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the 1 hour picture

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drill progression - Front

Double Extension

Classic "Triple Extension"

Glutes, Quads and Calves contracted

Sternum to sky

Feet Turn 90 degrees to left

Extension and Rotation finish simultaneously

drill progression - Front

Power Position Drop-Ins

Start Feet Together

Step into Power position

Left knee slightly bent

Shoulders facing back of ring

Weight on right foot 70-30

drill progression - Front

Power Position Drop-Ins

Left arm relaxed

Hold position and check

Classic Triple Extension

Glutes, Quads and Calves contracted

Sternum to sky

Feet Turn 90 degrees to left

Extension and Rotation finish simultaneously

drill progression - Front

Double Extension Rotation

Classic Triple Extension

Glutes, Quads and Calves contracted

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drill progression - Front

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Step into Power position

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Shoulders facing back of ring

Weight on right foot 70-30

drill progression - Front

Power Position Drop-Ins

Left arm relaxed

Hold position and check

Push out to standing up and feet together

Repeat Drop-In

drill progression - Front

Double Pivot

Begin in Power Position

Glutes, Quads and Calves contracted

Sternum to sky

Feet turn to center sector

Extension and Rotation finish simultaneously

drill progression - Front

180 Wheel

drill progression - Front

360 Wheel

drill progression - Front

Double Pivot Into Wall

WTC phase 1 drill progression-back, middle

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Weight on the left leg at the back of the ring (rotational)

Turn on the axis -Don't turn the axis

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the 1 hour picture

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drill progression - Back

Wind
Weight on Left Leg 70-30
Legs bent, hips low
Wind with the entire left side of the body to 45 degrees
Right foot flat on the ground

drill progression - Back

90's-180's-360's-540's
Weight on Left Leg 95-5 (2 Taps)
Legs bent, hips low
Wind and push right hip forward (don't pull left shoulder)
Throw Right Leg in front of body
2 Taps post-drill -Head stays still

drill progression - Back

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WTC phase 1 drill progression - Front

Entry to Wall Drill

Normal Entry (Wind, turn, push) utilizing 360 Progression

Push to middle of the ring and land in flat-foot Wall Drill:

Shoulders and head facing wall

Hips facing 3:00

Left leg 3:00-9:00

WTC phase 1 drill progression - Front

Entry to Power Position Stop

Normal Entry (Wind, turn, push) utilizing 360 Progression

Push to front of the ring and land in Power Position:

NO RESETTING

NO SHIFTING TO LEFT LEG

ON BALANCE (F-B-L-R)

WTC phase 1 drill progression - Front

Entry to Power Position to Vertical Double Pivot

ng and land in Power Position (must not miss the position)

Transition smoothly into a vertical Double Pivot

Watch for:

ning left side in PP, shifting to the left leg, catchable ball

WTC phase 1 drill progression - Front

Entry to Power Position to Double Pivot into Wall

ng and land in Power Position (must not miss the position)

Transition smoothly into a Double Pivot

Watch for:

ide in PP, shifting to the left leg, catchable ball, flat arms

the reverse - progression

Double Extension

the reverse - progression

2 Taps post-drill -Head stays still

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the reverse - progression

Double Extension

the reverse - progression

Double Extension Jump For Height

the reverse - progression

Double Extension Jump For Height

180 Degree Turn

Land even distributed left to right

the reverse - progression

Double Extension Jump For Height

180 Degree Turn

Land on right leg only

Right heel down

Chest up

Right hip over right foot

the reverse - progression

Double Extension Jump For Height

Right heel down

Chest up

Right hip over right foot

Stretch right arm through throw, stretch ribs

the reverse - progression

Power Position Jump For Height

Right heel down

Chest up

Right hip over right foot

Stretch right arm through throw, stretch ribs

the reverse - progression

Utilize Focal Point at 3:00

Stick finish

Pose on balance for 2 count

Right leg FIRM

drill - throw integration

Drills are steps to the throw, but the throw is the goal

Effective Drill Integration Method for standard HS Season:

Drill Introduction and Mastery

Drill-Throw Forward-Backward Buttrressing

Movement, Deficiency-Targeted Drill Work with Full Throws

Full Throws

drill - throw integration

Drill Introduction and Mastery (1-2 Weeks)

1-2 Weeks

~2 Hours Per day

WTC Phase 1 Drill Progression

ons between movements, quick digression when needed

lly advancing, continually challenging the nervous system

drill - throw integration

Drill-Throw

1-3 Weeks

~2 Hours Per day

Deteriorating drill work volume

between Drill and Throw, quick digression when needed

advancing continually challenging the nervous system