

Finding your Feet



By: Adam Nelson

Three Core Competencies

- Technical Proficiency
- Physical Strength
- **Mental Strength**

Fun Facts

- Stand Throw to Full Throw Differential – 6' 6"
- Rotational Release vs Linear Release
- World Championship Medalists – 18 of 27
 - 12 Rotational Athletes vs 5 Gliders

Technical Proficiency - Basics

- Preparing the Wrist:
 - Start low on the wrist work up.
 - Build a "Back Support"
 - https://www.youtube.com/watch?v=4_yg2VRwy-A
- Know the rules as they've changed.

Technical Proficiency - Basics

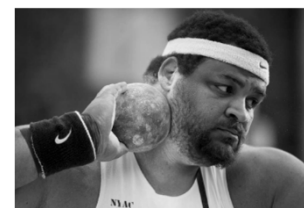
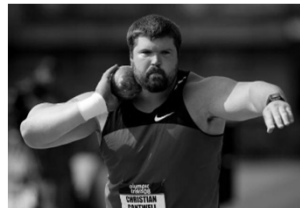
Holding The Shot Put

- Sits between the fingers and the palms.
- The fingers will open naturally around the shot.

Neck Position

- Personal Preference
- Sits on the hand and supported by the wrist
- Pressed gently into the neck.

Technical Proficiency – Holding The Shot



Technical Proficiency – An Overview

Balance	https://www.youtube.com/watch?v=GP-4V2BQ2Q
Torque	Hip / Shoulder Separation – Dissociation Starts in the back. Sprint down the right sector line (for right handed throwers). Right Foot – Let the feet do the work.
Block	Elbow & Punch

Coaching Tips

- Start with the basics of a stand.
- Watch for Natural Tendencies.
- Work to the Back.
- Stay in the Back.
- Change your angle regularly.
- Focus on ONE topic.
- BUILD YOUR LANGUAGE(s).

Stand Throw

- Start with your heels against the Toe Board.
- Step towards center (sort of).
- Keep Shoulder Balanced
- Toe – Knee - Hip

- Adam Nelson: <https://www.youtube.com/watch?v=9CIMKn985Nk>
- Stand Throws with Adam and Don Babbitt: <https://www.youtube.com/watch?v=KDYMLbDX4>
- Drill Progressions with Jordan Clarke: <https://www.youtube.com/watch?v=WV2I0IEyGRg>

Half Turns

- Similar to the Stand Throw Starting Position.
- Chest Up
- Initiate movement with legs (as much as possible)
- Bring your knees together.
- Think about staying on the ball of the foot and keep it turning.
- It's just a moving stand throw.

Breaking down the Back

- 1) Sets Up Sprint
- 2) Sets Up Torque
- 3) Sets Up Finish

YOU MUST POSITION YOUR WHOLE BODY TO ONE SIDE OF THE CENTERLINE!

Breaking down the Back

- 1) Sets Up Sprint
- 2) Sets Up Torque
- 3) Sets Up Finish
- 4) RHYTHM!

YOU MUST POSITION YOUR WHOLE BODY TO ONE SIDE OF THE CENTERLINE!

Why is this so important?

- ✓ Start Right, Finish Right
- ⌚ Efficiency = Power
- 🌱 Use the whole circle

Full Throws – Starting Position



- Shoulders
- Body
- Weight Distribution
- Set Up Wide / low Sweep

Full Throws – Balance



- Avoid leaning sideways or backwards.
- Toe the Ground with Your Right Foot.

Initiating the Sprint Phase

- Claw the Ground with Right Foot
- Stay Wide with Right (Sweep Leg)
- Stay Balanced.
- Explode down Right Sector Line

WHY DO WE WANT TO LEAVE THE BACK LIKE THIS?



TORQUE – HIP SHOULDER SEPARATION

When Done Right?

Tom Walsh – 22.67
<https://www.youtube.com/watch?v=BaxOmkx900A>

Additional Tips and Resources

PVC Pipe or Closet Rods

- Half Turns
- Full Turns

• Adam Nelson Full Clinic:

<https://www.youtube.com/watch?v=yfv29Rn7aU4>

Physical Strength

MORE ON THIS LATER!

Mental Strength

- Visualization

Thank YOU