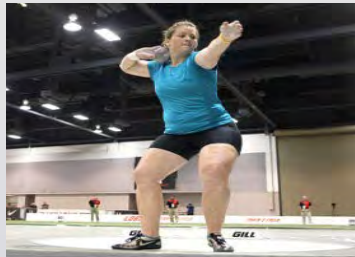




Grip and Placement Routine- shot at base of middle finger, thumb is a kick stand, arm flat to chest, thumb on clavicle, lift shot to chin and use left hand to lift right elbow (no daylight in the right arm window)

### Stance & Wind-Up

- Feet are about shoulder width apart or wider; straddling the center
- Shoulders and hips are 180<sup>0</sup> from direction of throw
- Body is upright, balanced with knees bent
- Left arm out and relaxed (set it and forget it)
- Eyes focused on the horizon
- Back slightly arched as if about to start a squat
- Right foot flat to the ground
- STACK THE SPINE



## Wind & Beginning Entry

- Rotate the right hip back to a comfortable position, about  $\frac{1}{4}$  turn
- Right heel becomes heavy, toes are light and right leg may come to full extension
- Shoulders remain level, avoid up/down movements
- Right foot is flat on surface as left foot/knee wind inward
- Right sides “pushes” left side open, hips sink, weight shifts & hips center over left heel
- Glutes contract, drive right hip/knee toward the back of the ring
- Right foot “claws” the ground driving foot through toe lift
- Left knee pivots on left foot, left arm and chest stay on line with left leg





### Entry into the Ring



-Left heel has lowered and loaded (credit card swipe) preparing for triple extension

-Right leg/knee/foot complex drives out and around creating a wide sweep

-Hips are low and “drifting” into the ring

-Inner thigh/heel leads as right leg

moves from extension to flexion in preparation for sprint

-Left arm and knee should be aligned

start on balance, stay on balance



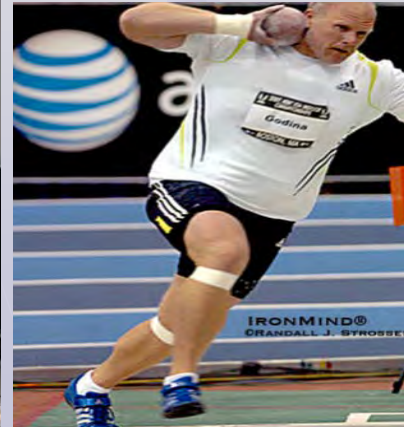
## Linear Drive into the Power Position

Maintain separation by keeping eyes, shoulders and chest in the direction of the throw from left leg push off through high point (chin, eyes, chest-up, see the front focal point) Take off is a spring, not a step

The right leg drives from outside into the center of the circle, knee drives up at 90, toes up, right hip/shoulder/elbow move through the highpoint.

Right foot lands between 6 and 9 O'clock and slightly ahead of right knee to establish axis DO NOT REACH OUT FOR THE GROUND WITH THE RIGHT LEG

Create the "X" position by maintaining the focal point with the left arm while driving right knee into the ring



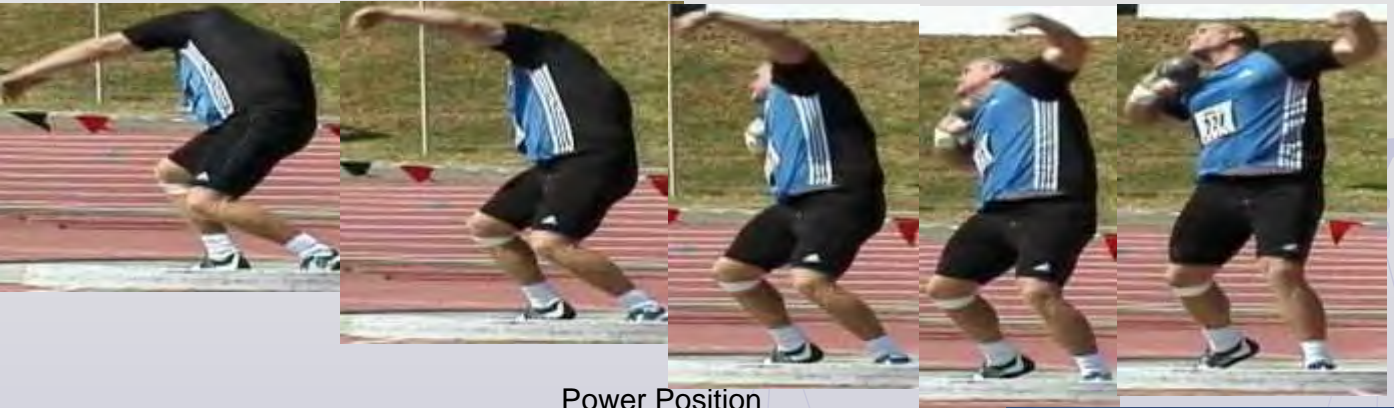




## Right foot contact

Keep toes up and allow circle to come to you

- Establish the rotational axis at contact by maintaining core posture, squeezing the knees together and aggressive rotation of the right, toe-knee-hip complex
- Anticipate landing by thinking about continuing the rotation of the right foot upon contact
- Hold X position by actively driving the right hip to and through the power position
- The left knee moves to right and should be tight(squeeze the knees, race the feet)
- Once the right foot touches it must be forced to turn as aggressively as possible. The heel of the right foot should not drag (credit card swipe)
- As the left foot grounds it will be in line with the right heel
- Weight centered on the right leg with the shot placed back behind the right side. Toes pointed roughly 45°



### Power Position

- The base is usually more narrow than the glide
- Left toe/right heel alignment at about 45° to 90° to rear of ring at landing
- Hips at 3 O'clock and shoulders are closed (wrapped)
- Left toe is near toe board at about 45°
- Bodyweight centered on a bent right leg- bend at knees, not at the waist
- Body is in a "back, down and around" position- stack the spine-check axis
- Do not begin release until both feet are grounded (create power with both

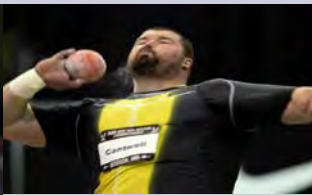


**JOE KOVACS**  
ATHLETE OF THE WEEK



Release

- Both feet pivot pushing hips up and around (magic move)
- Left arm stays relaxed until we hit the front focal point then it is brought in and down to keep us in the ring
- Head and shoulders stay back on the axis (ballerina drill)
- Both legs must extend completely and both hips must rotate (steering wheel)
- Rotational throwers tend to drive up and off the ground prior to release due to the narrow base





- The shoulders and hips are facing the direction of the throw
- Angle of release is determined by axis of rotation
- Throwing arm pushes and already accelerated ball at the last instant
- See the shot put leave with the corner of your right eye to prevent pulling away the head
- Inside-out release with thumb down
- Vigorous wrist snap, punch with the arm, flip with the wrist
- Hips rotate to the front(reverse). right foot lands heavy on heel
- Straightening the left leg towards the rear may help keep the athlete in the ring (counter-balance the right arm)
- Do not watch the shot land, hear it land <https://youtu.be/LzG7T-eHKVM>