

Rotation Re-Defined

***A Teaching Progression for the
Shot Put & Discus***

John Dagata

Discus Divided by 3

Stand

- Foot Position
- Long Free Arm
- Eyes Back
- Extend Hip



Step in South

- Position
- Right Foot Path
- Landing
- Stand



Full Throw

- Feet Position
- Full Back Swing
- Right Foot Take Off
- South African Position
- Drive Across The Ring



Rotational Shot Put

Stand

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- Long Free Arm
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- Extend Hip



Step in South

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Full Throw

- Feet Position
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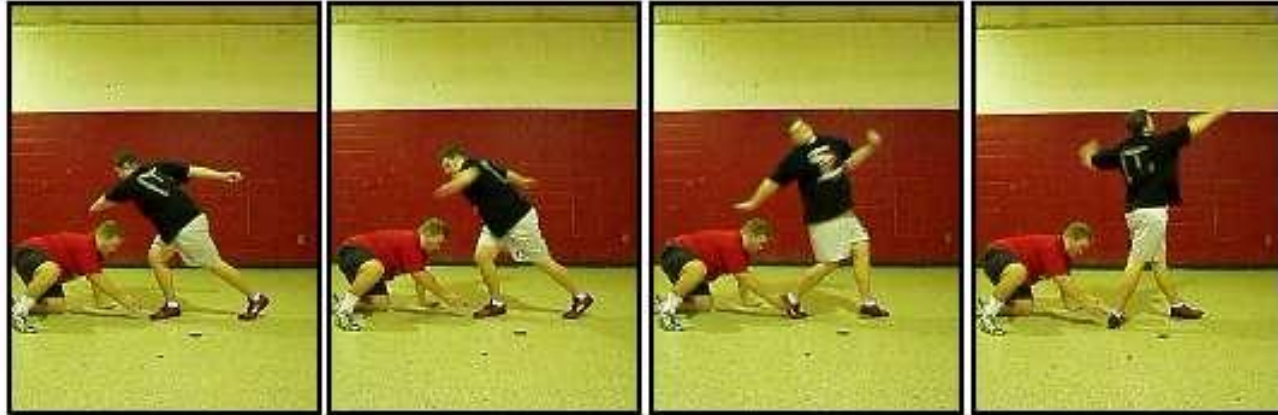
Stand Throw Mechanics

Position

- Feet Position (Space Between The Feet)
- Right Knee over Right Foot
- Chest over Knee

Mechanics

- Long Free Arm
- Eyes Back
- Extend Hip



Development

- Vertical Stand Throws(Double Pivot)
- Step Out
- Stand Throw Reverse

Stand Throw Mechanics

Position

- Feet Position (Space Between The Feet)
- Right Knee over Right Foot
- Chest over Knee



Mechanics

- Long Free Arm
- Eyes Back
- Extend Hip



Development

- Vertical Stand Throws(Double Pivot)
- Step Out
- Stand Throw Reverse



Step Into Power!

Position

- Left Foot facing the Sector from the Back of the Ring
- Back Swing Alignment
- Balanced Position Prior to Take Off



Mechanics

- Right Foot Take off & Step Into The Middle
- Shoulders Closed & Discus in Full Back Swing
- Face The Throw
- Landing and Alignment



Development

- Step In Vertical Stand Throws(Double Pivot)
- Step In/Step Out
- Step In Stand Throw Reverse

Face The Throw!

Position

- Left Foot facing the Sector from the Back of the Ring
- Back Swing Alignment
- Balanced Position Prior to Take Off



Mechanics

- Right Foot Take off & Step Into The Middle
- Shoulders Closed & Discus in Full Back Swing
- Face The Throw
- Landing and Alignment



Development

- Step In Vertical Stand Throws(Double Pivot)
- Step In/Step Out
- Step In Stand Throw Reverse

Full Throws

Position

- Feet Position(Shoulder Width)
- Starting from the Left Side begin the Back Swing(Full Back Swing)
- Weight On the Left Side



Mechanics

- Right Foot Take Off
- Shoulders Closed
- Pushing Out Over The Left Side of the Ring
- Face The Throw



Development

- Full Non-Reverse Throw
- Full Throw Step Out
- Full Throw Reverse



Full Throws

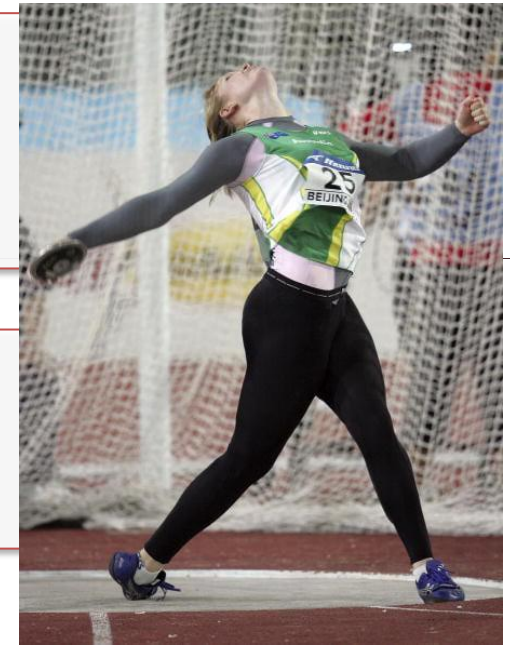
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- Starting from the Left Side begin the Back Swing(Full Back Swing)
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Mechanics

- Right Foot Take Off
- Shoulders Closed
- Pushing Out Over The Left Side of the Ring
- Face The Throw



Development

- Full Non-Reverse Throw
- Full Throw Step Out
- Full Throw Reverse

Discus: Training Plans (Comp II:Throws-Performance.)

Theme: Max-Strength

Cycle #: C-VIII

Date: 04/03/23-04/10/23

Power Recovery Olympic Recovery Power Olympic

Mon	Tu	Wed	Thur	Fri	Sat
Discus: A.M.: 1k	Discus: A.M.: 1k	Discus: A.M.: 1k	Discus: A.M.: 1k	Discus: A.M.: 1k	Discus: A.M.: 1k

<u>MJ</u> Rudiment 30m x 1	<u>GSC</u> Pedestal 1x8	<u>Speed</u> 2x20 1x40 2x30 1x50	<u>GSC</u> Pedestal 1x8	<u>MJ</u> x 2 Box x 3 Hurdle x 3	<u>Speed: B.U.</u> 1x50 1x60 1x70
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What is
Special
Strength?

Special
Strength

<u>Jumps Squats</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87% <u>Pull-Ups</u> <u>(Continuous)</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87% <u>Multi Throw</u> OH Throw 4k X 6-8	<u>ASC</u> Throws Spec 2x6 <u>Ows ½ Set</u> Short Strength <u>Med-Ball</u> Twisting I 1 x 8	<u>Snatch Pull</u> 4x2x85% <u>Hang Snatch</u> 2x2x85% 2x2x87% <u>DB Jerk</u> 2x3x85% 2x3x87%	<u>ASC</u> Throws Spec 2x6 <u>Ows ½ Set</u> Short Strength <u>Med-Ball</u> Twisting I 1 x 8	<u>Jump Squats</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87% <u>Pull-Ups</u> <u>(Continuous)</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87% <u>Multi Throw</u> FH Throw X 6-8	<u>Snatch Pull</u> 4x2x85% <u>Hang Snatch</u> 2x2x85% 2x2x87% <u>DB Jerk</u> 2x3x85% 2x3x87%
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Special Strength

(Exercises Specifically Intended for Performance)

□ **Multiple Jumps:** Jump Circuits (Series of 6-8 exercises with jumping at low amplitude), Box Jumps (5 Boxes Arranged in Ascending Order), Hurdle Hops (Continuously Jumping Over 5 Hurdles & Focusing on Low Ground Contact Times of 0.2 Seconds)

□ **Sprints:** Maximum Velocity efforts at Ranges of 10m-50m (Speed Acceleration), 50m-120m (Speed Development), 80m-150m (Speed Endurance) & Velocity in a Global Sense (Backwards, Sideways)

How
Much
And
When?

□ **Multiple Throws:** These can be done with a shot Putt, a kettlebell, a powerball, a medicine ball or a weightlifting plate.

□ **General Strength Circuits:** A series of 8-10 exercises using body weight as resistance.

Discus: Training Plans (Comp II:Throws-Performance.)

Theme: Max-Strength

Cycle #: C-VIII

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What is
Maximal
Strength?

Throws

Special
Strength

Maximum
Strength

Maximal Strength (Weightlifting)

- Power Lifting: Full Squat (Front & Back) , Jump Squat, Bench Press, Incline Press, Military Press, etc.
- Olympic Lifting: Cleans (From the Floor & Hang) , Snatch Jerks (Front & Back) , etc.
- Ancillary Strength Circuits: A series of 8-10 exercises with weights

When Is

Strong,

Strong

Enough?

Discus: Training Plans (Comp II:Throws-Performance.)

Theme: Max-Strength

Cycle #: C-VIII

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Special
Strength

Maximum
Strength

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	<u>Pull-Ups</u> <u>(Continuous)</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87%				<u>Pull-Ups</u> <u>(Continuous)</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87%	
	<u>Multi Throw</u> OH Throw 4k X 6-8				<u>Multi Throw</u> FH Throw X 6-8	
	Neural	Recovery	Neural	Recovery	Neural	Neural

Laulauga Tausaqa TRAINING PARAMETERS 2022-2023

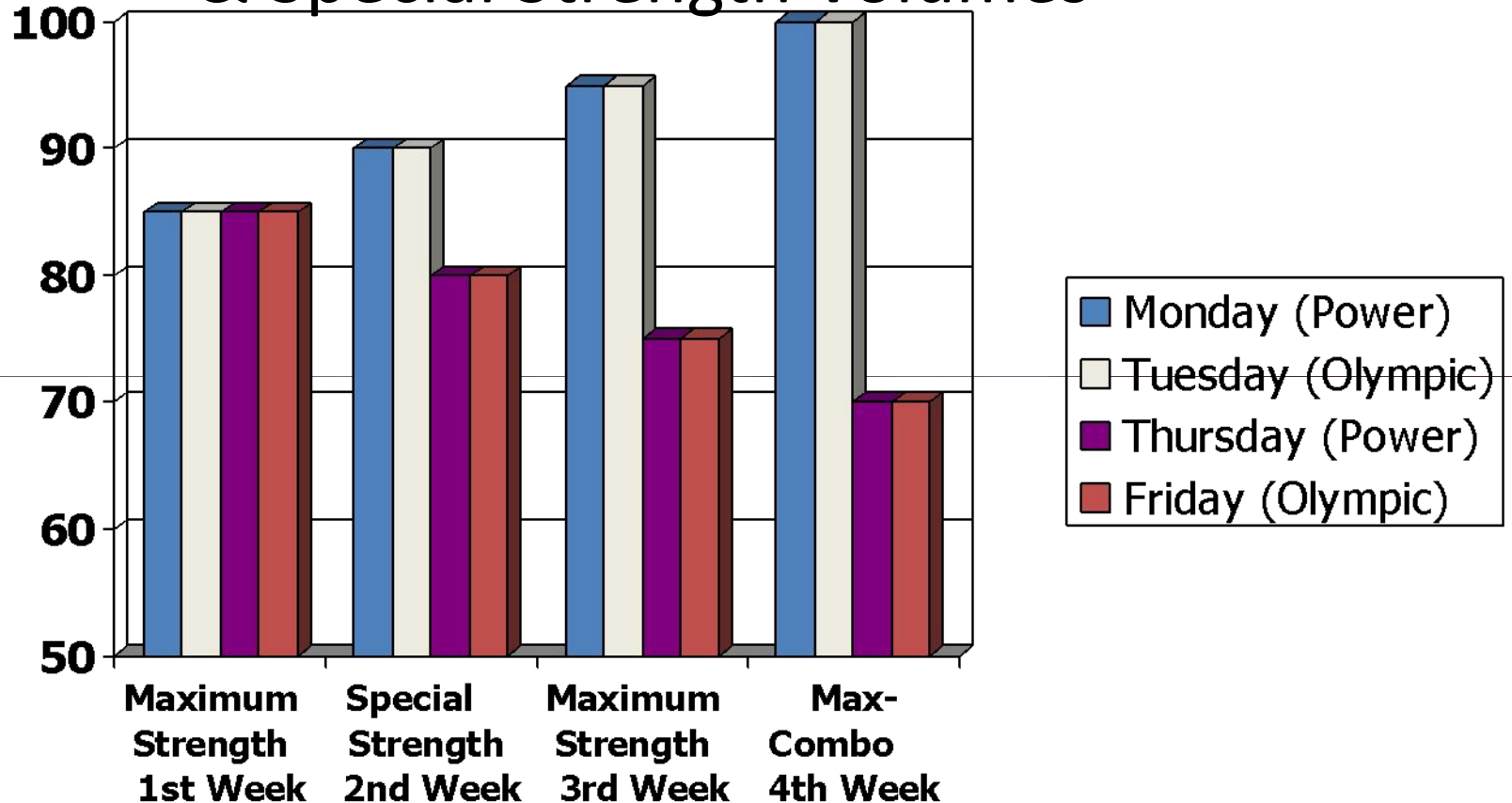
Primary Event: **Discus (65-70m)**

Exercise	Target	ST	II	III	IV	V	VI	VII	VIII	IX	X	XI
Snatch	80k			■	■		■					
Hang Snatch	70k								■		■	
Clean	115k		■			■						
Hang Clean	105k							■		■		■
BN Jerk	100k		■		■		■		■		■	
FN Jerk	80k			■		■		■		■		■
Bench	80k	■										
DB Bench	50k											
Incline Bench	70k				■							
DB Inc. Bench	40k	■										
Pull Up	6FBW	■	■						■		■	
Back Squat	150k	■	■		■			■				
Front Squat	100k			■			■					
½ Squat	180k										■	
Jump Squat	90k								■			
Step-Ups	80k	■	■			■				■		■

Research Variables

Notes: As Percentages Increase, The Volume will Decrease:
As Percentages Decrease, The Volume will Increase:

Balancing Maximal Strength & Special Strength Volumes



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Questions?