

Graduating from Glide to Greatness -Rotational Shot

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- Kyle Peterson, CSCS, CADS, USATF lvl1
- Oakdale, CA
 - Football, Basketball, Track and Field
- Sacramento State Thrower- B.S. Kinesiology (Coaching and Training)
 - Top 10 list for Discus, Hammer, Indoor/outdoor Shotput, & Weight Throw
 - 2x National Round 1 Qualifier, Multi Medalist in Big Sky
- Minis House of Pain: Strength and Conditioning Coach
 - Oak Ridge High School Strength Coach
 - Highly competitive Football, Lacrosse, Basketball, Track and Field, Water Polo, Programs
 - Oak Ridge High School Throws Coach
 - Multiple State and Master's Level Performances
- Sacramento State
 - Throws Coach- Throwers and Multi's
 - Strength and Conditioning for whole Track team





Goals for this Presentation and Beyond!

- Why and When should athletes switch from Glide to Rotate?
- Show a simple and replicable template to teach Rotational shot
- Talk about coaching tools and concepts related to rotational shot
- Build up the throwers of the Greater Sacramento Area
- Build Sacramento State Throwers up to a National Level

Why Glide?

Glide Pros:

- Easy to learn for beginner
- Easy to progress early in throwing career
- Great for tall athletes with a ton of explosive ability

Glide Cons:

- Harder on the body
- Less time to accelerate the shot compared to the Rotation
- Relatively low ceiling for the athlete

Why Rotate?

Rotation Pros:

- Longer ball path means higher release velocity
- Easier on the body can extend the life of an athlete's career
- Levels the playing field for vertically challenged athletes

Rotation Cons:

- Harder to learn
- Won't throw as far in the beginning
- Mentally straining
- Clumsy athletes will struggle the most

When is it time to transition to Rotation?

- 1-2 years of success with the glide
- Shows athletic prowess (I.e. exceptional at another sport)
- If the athlete Plateau's with their Glide
 - Transition during off season

Set the tone early!

- SEND IT!!! No takesies backsies
- The athlete might not throw as far for a while
- It's not easy, but nothing worthwhile ever is
- Slow is Smooth-> Smooth is Fast-> Fast is Far->Far is Fun!

Rotation Drill Progression

- Hand Placement
 - Throwdowns
- Power Position
 - Extend
 - Rotate and Extend
 - Vertical Throws
 - Stand Throw
- Middle of the ring
 - Wheel
 - Step in
- Back of the Ring
 - Pivot Drills
 - South African
 - Non Reverse
 - Reverse

Hand Placement

- On the pad of the hand and fingers
- Push into the neck with Elbow high and thumb down

- Throw Down Drill
 - Warm up the Wrist
 - Teach the feeling of the release
 - Teach the relationship between the block arm and throwing arm



Power Position Progression

- MedBall Drills
 - Extend
 - Rotate and Extend
 - Power Position
- Shot Throws
 - Vertical Throw
 - Broken Stand Throw
 - Stand Throw
- Throw Side Elbow Up and Back
- Long and Relaxed Left arm in front
- Common Errors
 - Trying to create speed with the Head
 - Turning on the outside of the foot
 - Upper body dominated

Medball Drills- Extension



Medball Drills Double Pivot



Medball Drill- Power Position



Vertical Shot Throw



Power Position- Broken Stand Throw & Stand Throw



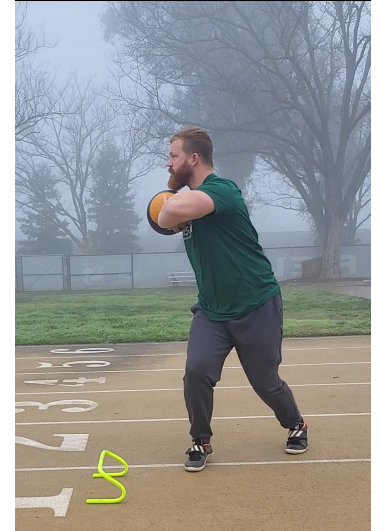
Middle of the Ring Progression

- Wheel Drill
 - MedBall with Pause
 - MedBall with Vertical throw
 - Shot with Pause
 - Shot with Throw
- Step in
 - MB with Pause
 - MB with Vertical throw
 - Shot with Pause
 - Shot with Throw
- Linear Drive, then turn
- Throw Side Elbow back and up
- Block side arm down the sector line
- Chest Faces the throw
- Common Errors
 - Trying to create speed with your head
 - Upper body dominated
 - Over rotating foot
 - Turning on the outside of the foot

MB Wheel Drill



Medball Step in

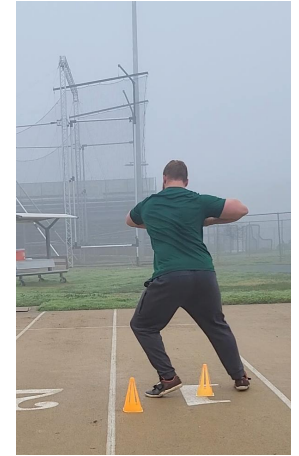


Step in Throw

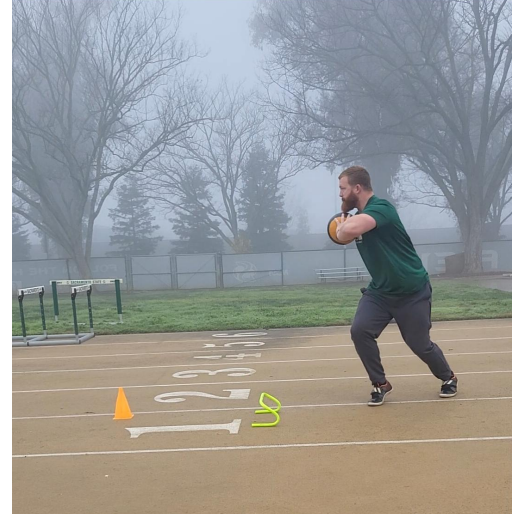
Back of the Ring Progression

- Pivot Drill
 - Medball 90, 180, 360
 - Shotput 90, 180, 360
- South African Drill
 - Foot Placement Variations
- Full Throw
 - Static, Non Reverse, Reverse
 - Variations Based on intensity (i.e. 50%, 75%, 90%+)
- Start in a Half Squat
- Weight Shifted onto the toes
- Chest slightly down
- Shift left, then turn
- Common Errors
 - Trying to create speed with the head
 - Falling out of the back of the ring
 - Failing to get the ball all the way over their foot (not shifting left enough)
 - Turning on the outside of the foot

Pivot Drill 180



Medball South African



South African Throw

Medball Full Throw



Full Throw- with Reverse

Coaching Tools

- Full Sized Hurdle
 - Stands and wheels
 - Stop forward shift
- Mini Hurdles
 - Wheel, Step in, South, Fulls
 - Quick Left Foot
 - Give Direction to your drive
- Mini Cones
 - Souths, Fulls
 - Guide the sweep leg
- Big Cone
 - Souths, Fulls
 - Prevent falling into the ring
- Tables
 - All Drills
 - Prevent over rotation to the block side
 - Prevent falling out of the front
- Barbells
 - All Drills
 - Strengthen Weak Positions
 - Teach Balance

Open/Close entry vs. Closed entry

A.K.A Rotational Style vs Linear Style

Open/Close Entry

- Faster Entry
- Might feel more natural
- Harder to deliver the ball
- Harder to find balance out of the back

Closed Entry

- Slower Entry
- More Control
- Usually feel unnatural in the start
- Easier to find balance out of the back

Heavy/Light implement Training

Heavy Shot

- Builds Specific Strength
- Good for early/Mid Season
- Slows the athlete down
- Teaches athlete to hold the shot back and catch with separation
- Recommended Weight for HS
 - Boys- 14 lbs, but 13-16 work
 - Girls- 10 lbs or 4.5-5kg
 - Take 10-15 throws w/ heavy, then follow up 8-10 w/ competition ball

Light Shot

- Builds Speed
- Good for end of season and peaking
- Allows athlete to go faster
- Teaches Patience
- Recommended for HS
 - Boys- 10 lb, but 6-11 works
 - Girls- 6 lb, 3.5kg, or 3kg
 - Take 5-8 throws with Competition ball, then follow up with 10-15 Light ball throws

Multi Sport or Just focus of Track and Field?

Focus on Throwing

- More time for throwing!
- More throws = faster progress
- Builds focus, intensity, and buy in (due to the amount of time committed to it)
- Get used to throwing year around for college
- Fewer coaches = streamlined training
- More Likely to create overuse injuries
- More likely to burn out late in career or in college

Multi Sport Argument

- Progress in other athletic skills indicates possible progress in throwing as well
- Multi sport athletes are less likely to burn out later in their career
- Can be great cross training for Track and Field
- Less Likely to produce overuse injuries
- Less Throws = Slower Progress
- Must share athlete with other coaches

Thank you!

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