

Shot Put

Russ Vincent, Mountlake Terrace HS.



Relax, Slow to Fast, Legs

1. Starting Position

- a. Two foot--Balanced
- b. Flying T--Wild at times
- c. Dead T --Need power
- d. Spin--Need time, patience

2. Start/Drive

- a. Relax, start easy
- b. Out over leg
- c. Eyes Back, opposite arm back, power arm good angle
- d. Down, not too low, keep looking back
- e. Off heel, need split, both legs extended, allow hips to rise

3. Power Position

- a. Out over leg, eyes Back, opposite arm back, power arm good angle
- b. Foot at 90 if possible, hip in pre-tensed position
- c. Rotate; foot, knee, lead arm
- d. Keep eyes back, shot back as long as possible
- e. Create an inverted "C", shot at 41 degrees
- f. Hips, chest ahead of shot
- g. Leg Block, drive hips

4. Finish

- a. Get out after shot
- b. Allow shoulder to relax and go through shot
- c. Flick wrist
- d. Lower center of gravity, rotate around, reverse feet
- e. Walk out back under control

Daily routine on throwing days.

after 4-6 standing throws. 10 simple drills.

1. Squats x 10
2. Squat drives x 10
3. Leg Drives x 10
4. Drive to the middle x 5
5. Double Leg drives x 5
6. Double leg drive split x 5
7. Push Turns x 10
8. Dry Fulls to block x 5
9. Dry Fulls x 5
10. Full Throws x 12 or more

