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Coaching the Shot

1. Grip: The Shot should be held on the ball of the hand (base of the fingers) with the fingers spread apart or together. The thumb is used to balance the shot. The wrist is flexed, and the shot is placed against the neck under the jaw bone between the chin and ear with the thumb touching the clavicle.

2. Back of the Ring:

- **Lower Body** – Right foot is flat and positioned at the back of the circle. Right leg is slightly bent bearing most of the body weight. Left leg is extended touching ground to aid in balance.
- **Upper Body** – Shoulders are closed to the direction of the throw. Left arm relaxed and closed. Head is neutral spine is stacked.

3. Preliminary Glide:

- **Lower Body**– Left leg is lifted while the body weight is lowered to right leg (Hips to Heels). Simultaneously the left leg is drawn toward the right leg so knees are in close proximity.
- **Upper Body**- Should remain in original position.

4. Glide

- **Lower Body**- Initiates with unseating of the hips (Falling slightly toward the toe board). When C.O.M passes the heel, both legs are forcefully and simultaneously extended. Right heel is the last to lose contact with ground (A position)

- **Upper Body**– Torso remains low, spine stacked, and shoulders closed.

5. Flight:

- **Lower Body**– After the right leg is completely extended and heel loses contact with the ground the right leg is quickly pulled underneath the body and the right foot is turned so that it is pointing 90-135 degrees from the direction of the throw. The distance traveled across the circle is determined by the technique being used. (Long-Short, or Short-Long).
- **Upper Body**– Torso remains low, spine stacked, and left arm closed. Shot should be kept back as far as possible.

6. Delivery: (2nd Double support)

- **Lower Body**- Throw is initiated with lower body. Hips rotate and weight is transferred from back foot to front foot. Legs are forcefully lifting.
- **Upper Body**- Left arm and upper body turn as legs are lifting. Right arm stays in position with elbow up. Head remains neutral, as left arm passes through release point it begins to block rotation by pulling down and close to side.
- **Arm Strike**- Arm strike should begin as upper and lower body near completion of movement. Elbow is high, thumb is down, and chin is up but head stays in alignment. Arm extends through release point finish by flicking the wrist. Arm will finish across the chest.

7. Recovery:

- **Reverse**- Forward momentum is checked by reversing/exchanging the position of the feet. Block leg is lifted to counter balance.
- **Non-reverse**- Front foot remains planted through release. Arm finishes across chest.

