

- 1  **To spin, or not to spin?**  
*When is it time to switch my athlete to rotational shot put, if ever?*

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- 2  **Conversion to rotational shot put**

- Factors involved
  - Willingness of athlete
  - Comfort level of the coach
  - Athletic skill set/Feel for the throw
  - Cost/Benefit
  - When to fish, or cut bait?
  - My perspective, as a college coach (for what its worth)

- 3  **Conversion to rotational shot put**

- Attitude/Willingness of athlete
  - YouTube generation
  - Want a challenge
  - The promise of bigger throws (Grass is greener...)
  - “It will help my discus”
  - It will help me get recruited to throw at UW!

- 4  **Conversion to rotational shot put**

- Athletic skill set/Feel for the throw
  - “Bull in a china shop”?
  - Discus translation? Is there a predictor?
  - Natural rotational “feel”
  - Good athletes can just “get rid” of the implement

### 5 **Conversion to rotational shot put**

- Cost/Benefit of converting
  - Consistency issues (a constant, statistically)
    - Is the potential “home run” worth the strikeouts?
    - Within a training session/meet/season/career
    - “Peaks and Valleys” vs. “Rolling Hills”
  - What age is your thrower?
    - Age vs. Training Age
      - Do you have time to make the change worth it?
      - Are they still low on the learning curve? Is it a push?
  - Time to work in pre-season?
  - Can the athlete/ego handle the ups and downs?
    - Maturity/Long-term goals (college talent?)
  - What is the end goal? (titles, distance, experiment?)

### 6 **Conversion to rotational shot put**

- Comfort level of Coach
  - Differences from discus
  - Experience in details of glide
  - Large group/separate focus
  - Time constraints/Calendar limitations

### 7 **Conversion to rotational shot put**

- When do you fish, or cut bait?
  - Is there a timeline?
  - Can you “do both”
    - Rotational drills as a glider
  - How good is good?
  - How much farther should they be throwing?

- Is the athlete handling it well?
- Is there a different way to do it?
- Can we just go back to the glide in a meet as a back-up?
  - Working “with a net” can be dangerous for full commitment
    - Work with individual’s confidence levels

#### 8 **Conversion to rotational shot put**

- My perspective as a recruiter/evaluator
  - What is appropriate for THAT athlete?
    - Champion-----Out for Fun
  - Does it make your athlete more marketable?
  - Does it make my job easier, once they get to me?
  - Stories from my experience...
    - Russ Winger
    - Ben Lindsey
    - Me
    - Jill Camarena-Williams

#### 9 **Conversion to rotational shot put**

- So what do you do?
  - Don’t be afraid to try new things!
    - Up to you whether you tip toe or cannonball in
    - Still working on being a better athlete, regardless
  - See each kid for what they are
    - Next greatest thing vs. District Qualifier
  - It’s Jr. High/High School!
    - Are they enjoying the sport?
    - Are they improving?
    - Is this kid a big time recruit?
      - If not, go with the best experience!

#### 10 **How?**

- K.I.S.S. principle
  - What are you trying to do?
    - Land in a balanced, separated, athletic position to deliver an implement
  - Athletic talent will determine pace and distance
    - Reality of our profession
    - At young age, basics are key!

#### 11 **Drills and Concepts for Converting The Willing**

- Just like discus, right?
  - Obvious differences to coaches, but not necessarily out athletes
    - Still trying for same concepts
      - Balance, rhythm, separation...
  - No/kinda/maybe...
    - Athlete's ability to visualize differences
    - Forget discus while you're throwing shot?
    - Ya! Just like discus!
      - Dependent on individual technique

#### 12 **Conversion to rotational shot put**

- Drills and exercises to ease the pain...
  - Understand your athlete, so that you chose the drills that will help them connect the dots appropriately
    - Blake Eaton vs. Logan Caldwell

#### 13 **Conversion to rotational shot**

- Drills and Ideas to ease the process
  - General drills

- QUALITY REPETITION
  - Pick “big picture” ideas and see how the athlete adapts
  - Establish rhythm and balance ASAP
    - A good athlete will know how to get rid of it 😊
- “Dry”, medicine ball, light/heavy implements
  - Get feedback from feel/quality first
    - Distance will be erratic, at first
    - Wall throws/net throws work great
    - Video, but be careful with direct comparison with “the big” throwers

14  **Drills and Concepts for converting The Willing**

- Meat and Potato Drills
  - Variables can be applied to each drill (MB, bars, hurdles, towels...)
  - 360's
  - 180's/Wheels/Halves
  - South-Africans
  - Step-outs
  - Full to Stand Throw

15  **Drills and Concepts for converting The Willing**

- The X Drill Progression/Towel Progression
  - Segments, but allows for “big picture” movement and connection

16  **Drills and Concepts for converting The Willing**

- Medicine Balls!!
  - Great for understanding movement and balance
    - Takes away the impulse to kill the shot
    - Helps with idea of axis and angles
    - Still allows for separation

- Great for teaching the importance of lower body

17  **Drills and Concepts for converting The Willing**

- Variable Weight Implements
  - Understand your monster
    - Low to high
    - Slightly variable
    - Mixed within a session/week

18  **Always Remember the BIG PICTURE**

- What are you trying to accomplish?
  - Records, titles, good time, improvement...
- Is it working?
- How is the athlete adjusting?
- What can we do better/differently... when?

19  **Thanks for your time**

- Questions?
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