

- 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?
- TJ Crater
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