

BASIC SHOT PUT - THE GLIDE

MITCH CROUSER

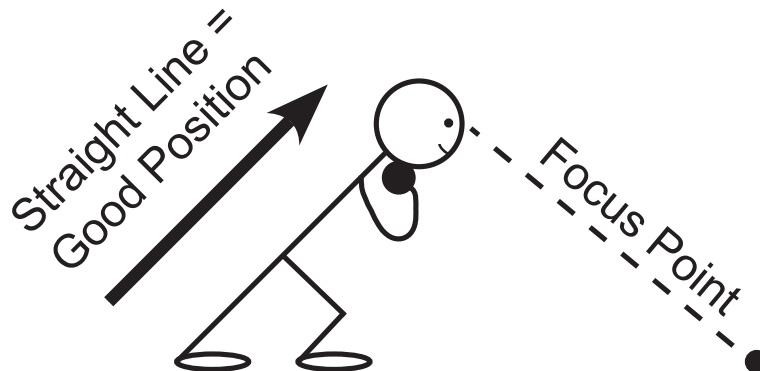
<http://www.youtube.com/watch?v=rfeD7kDOMWo>

GRIP Shot rests on base of fingers

- ▶ Square Punch Delivery Drill
 - Shot against neck
 - Elbow high/Thumb down
 - Good wrist flip = +2'

STANDING THROW 90% of Distance of the Throw

- ▶ Base = $\frac{1}{2}$ of circle - slightly wider than shoulder width
- ▶ Weight over bent right leg on ball of foot
- ▶ Heel/Toe - right heel in line with left toe
- ▶ Shot behind right foot
- ▶ Closed long left arm
- ▶ Eyes focused on point behind circle



- ▶ Drop into Position Drill
- ▶ The Shot Put is a combination of Lift, Rotation & Hip Drift
- ▶ Initialize movement with - right foot, knee, hip, shoulder, arm sequence
- ▶ Lower body ahead of upper body = torque = elastic stretch
- ▶ "Inverted C" - key position in all throws



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THE GLIDE

Smooth Linear Transition across the Circle - not a “Hop”

Can add 10 to 15% on to standing throw distance

Stance at the Back of the Circle

- ▶ Balance is Key
- ▶ Center of Gravity over Right Leg
- ▶ Left Shoulder Closed
- ▶ Left Arm Relaxed
- ▶ Eyes Focused on Spot Behind Back of Circle

Coming Out of the Back of the Circle

- ▶ Three Sources of Power:
 - 1) Unseating – gravity
 - 2) Right leg drives off of heel
 - 3) Left leg drives and reaches for toeboard - “A Position”
- ▶ Stay Closed
 - Eyes/Head focused at back of circle
 - Keep left arm back

Center of Circle

- ▶ Land over bent right leg (Standing Throw Position)
- ▶ Right foot lands at 90 to 135 degree position on ball of foot
- ▶ Right heel/Left toe position
- ▶ Left arm still back
- ▶ Quick right/left foot rhythm
- ▶ Keep right foot turning on ball of foot in the center- no hesitation
- ▶ Proper Throwing Sequence is - right foot, knee, hip, shoulder, arm



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Center of Circle (continued)

- ▶ Lower body ahead of upper body - "Inverted C"
- ▶ Left side blocks
- ▶ Learn the glide with no reverse - feel the block
- ▶ Reverse happens naturally - right foot replaces left foot and eyes and center of gravity drop down at the toeboard

TIPS

- ▶ Throwing shoes help
- ▶ Hand Strength
- ▶ Stay closed - keep the left arm back
- ▶ Practice 'A' position and "Step Unders"
- ▶ 90 Degree Mini Glides
- ▶ Towel Drills
- ▶ Mirror Drills
- ▶ Glide Line Drills on the Track
- ▶ Slow Motion Stands
- ▶ Spend More Time Throwing than Lifting Weights
- ▶ Visualization



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MITCH CROUSER
President

P.O. Box 1020
Gresham, OR 97030
www.eliteathleteinc.com

800-688-8227
503-492-3889
Fax 503-492-1968
sales@eliteathleteinc.com

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