

Shot Put Techniques

Glide vs Oppo Glide and Spin

How to Decide Which Technique

I start with the traditional glide for all of my throwers.

If they have issues opening their hips before the power position, they are a prime candidate for the oppo-glide.

If they have above-average body control and can mentally handle adversity, I let them try the spin.

If they don't fall in either of the above two categories, then they stay with the traditional glide.

Traditional Glide

Every body moves differently, so technique will have to vary slightly from thrower to thrower.

Personal Coaching Points:

Static start to help beginners with balance and avoids wasted energy

Power foot lands turned and ready to explode

No reverse until throwing experience > 2mo, reverse is used to save the throw

Keep shoulders closed throughout glide

Big, high rip with block-side arm

Opposite Leg Glide

For the athlete who can't keep hips closed through trad. glide.

Start on opposite leg and kick power leg back as far and low as possible

Really focus on center of mass traveling backward

Power leg lands loaded with toes turned as close to 90° as possible

Block leg lands shortly after power leg, use hips to facilitate the timing

A shorter time between each foot landing will translate to a more loaded hip position

What Practice Looks Like

Trad. Glide

1. Up-Downs x 10
2. BW ¼ turn hops x 4
3. A Frame Recoveries x 10
4. Fence Pulls x 15
5. Glide Races x 4
6. Power Throw x 5
7. Glide-Stop Throws x 5

Oppo Glide

1. Up-Downs x 10
2. BW ¼ turn hops x 4
3. Kick-Stops x 10
4. Fence Pulls x 15
5. Glide Races x 4
6. Power Throw x 5
7. Glide-Stop Throws x 5

Spin

1. Up-Downs x 10
2. Shopping Carts x 4
3. Fence Pulls x 15
4. Poppers x 10
5. Power Throws x 5
6. Grinders (Half-African) x 10
7. South-African Stops x 5

Practice Drill Videos



Questions?

yockeyj@usd231.com