

2011 USTFCCA Convention

Drills/Technical Points for
Establishing Balance and Separation
in Rotational Shot



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Overview

- These are, in theory, very basic.
- These concepts are some that have been very beneficial to me.
- Some are borrowed along the way.
- These are examples of what has worked for me, and are not meant to be the absolute answer.


Points Covered Today

- The Wind
- Takeoff/Drive phase
- Positioning/transitioning in flight
- Touchdown/Position at Landing
- Release/ Finish
- Drills/Exercises to Emphasize Technical Points


The Wind

- Balanced weight over legs (esp. drive leg)
 - Smooth wind
 - To allow for weight shift
 - To allow for upright chest and separation on takeoff
- Upright posture
 - Level shoulders
- Low in legs
 - Relative to each athlete (abilities, feel)

The Wind




-Balanced over feet, with drive leg slightly loaded




-Long, smooth wind
-Shoulders level
-Keep drive leg loaded

The Wind



-Be patient/smooth with upper body to allow for weight to shift over drive leg



-Maintain depth in legs into drive
-Keep shoulders level as well

The Wind



The Wind



The Wind



Takeoff/Drive Phase

- Transition from wind into Takeoff as smooth as possible
 - Maintain rhythm and direction into throw
 - Active right leg (separation, momentum, angle)
 - Wide and then lift as it rotates to middle of circle
 - Upper body angle
 - Up, to allow for rotation and separation out of back
 - Left side/shot back
 - Timing off drive foot is key (direction, rhythm)

Takeoff/Drive Phase



- Active Right Leg (knee)
 - Out wide, then up to chest
 - Generate hip/shoulder separation
- Upper Body Upright
 - Allows for axis for LB to rotate
 - Set up release angle



Takeoff/Drive Phase



- Continue Right Leg Drive
 - Lift knee
 - Begin rotation to middle
- Keep Shot/Left Side Back
- Upright Posture
 - Shoulders "level"



Takeoff/Drive Phase



- Timing off drive leg is key
 - Rhythm/Direction
 - Too late=Over-rotation
 - Too soon=Under-rotation
- Upper body angle
 - Forward=Toe board
 - Too Steep= Falling away



Takeoff/Drive Phase



Takeoff/Drive Phase



Takeoff/Drive Phase



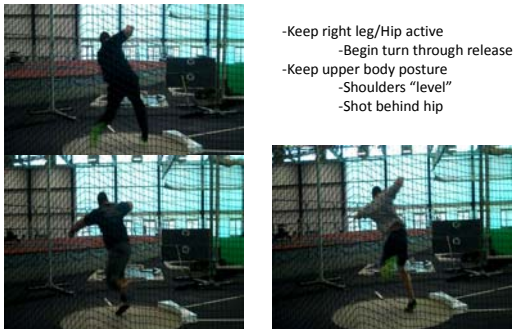
Takeoff/Drive Phase



Flight/Transition to Front

- Right leg remains actively driving/rotating
 - Active upon touchdown in middle
- Shot back/Shoulders back
 - Separated/behind hip
- Keep upper body posture
 - Angle up
 - Shoulders “level”

Flight/Transition to Front



- Keep right leg/Hip active
- Begin turn through release
- Keep upper body posture
- Shoulders "level"
- Shot behind hip

Flight/Transition to Front



Flight/Transition to Front



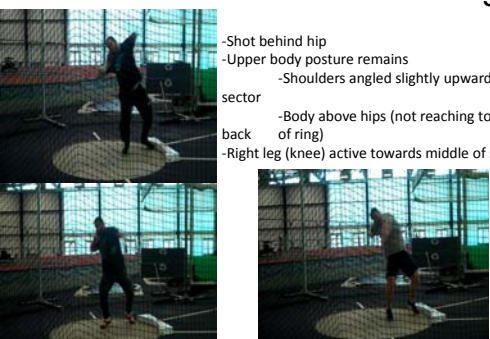
Flight/Transition to Front



Touchdown/Position at Landing

- Shot behind hip
- Posture maintained
 - Upper body angle is unchanged
 - appears different due to LB rotation
 - Shoulders above hips
 - chest not reaching towards back of ring
- Right leg (knee) works toward sector

Touchdown/Position at Landing



- Shot behind hip
- Upper body posture remains
 - Shoulders angled slightly upward to sector
- Body above hips (not reaching towards back of ring)
- Right leg (knee) active towards middle of sector

Release



-Continue movement of right knee
-Keep chest angle/shoulders level through finish



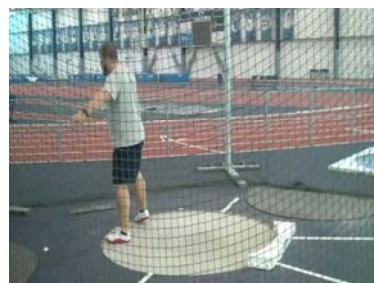
Drills/Exercises

- “Towel Drill” Progression
 - Emphasizes separation and right leg activity
 - 1: Step in, 2: Step to front, 3: Release
 - Can be done separately, or as one drill

“Towel Drill”



“Towel Drill”



Drills/Exercises

- 360 Drill
 - Emphasizes balance and posture
 - Can bring more right leg to drill to feel separation



Drills/Exercises

- Wall Drill
 - Emphasizes wind, balance, separation, right leg activity and body angle



Drills/Exercises

- Medicine Ball Throwing
 - Great for teaching balance, patience, and active lower body (and leg usage)
 - Non-reverse throws/Oversized medicine balls



Drills/Exercise

- Landmine
 - Great for separation and balance



Drills/Exercises

- Rotational Medicine Ball Throws
 - Stretch for separation, timing, balance



THANK-YOU!

- Questions?
 - Feel free to contact me anytime
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