

# Glide Conversion to Rotational Shot Put



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# CONSIDERATIONS FOR CONVERSION

- \* Longer Path of the Shot Put/Longer Period of Time with Applied Force
- \* Anthropometrics
- \* Tabula Rasa Effect
- \* Moderate Strength Levels
- \* Increased Horizontal Velocity

# INITIAL PLANNING

## Psychological Parameters

- \* Must be Positive – Build Confidence
- \* Dual Investment – Coach/Athlete
- \* Understanding the Process/Coping with Failure
- \* Understanding Time Tables/Time Investment

# INITIAL PLANNING

## Physical Parameters/Practice Session

- \* Reduce Variables of Failure
- \* Keep Drills as Simple as Possible
- \* Limit Number of Drills
- \* Stay with Basics

# GENERAL COACHING APPROACH

- \* Develop Common Language Between Coach/Athlete  
ex: Clock System
- \* Consistent Variables/Precise Drills
- \* Discuss Timetables for Trial Period/Joint Investment  
Coach/Athlete – 6 Week Plan
- \* Involve Extensive Visual Learning

# INITIAL TECHNICAL GOALS

- \* Learn Dynamic Entry (dynamic postures/angles/pivot skills)
- \* Learn Functional Leg Swing
- \* Learn Dynamic Hip Rotation/ Flight Phase
- \* Learn Rotational Postures/ Body Angles-Focal Points
- \* Learn Reverse/ Body Control on Release
- \* Learn Rhythmic Patterns

# ENTRY

## Problematic Areas of Concern

- \* Athletic Stance
- \* Arm Positioning/Right and Left (stress balance)
- \* Rhythmic Start
- \* Pivoting Skills
- \* Functional Leg Swing

# ENTRY

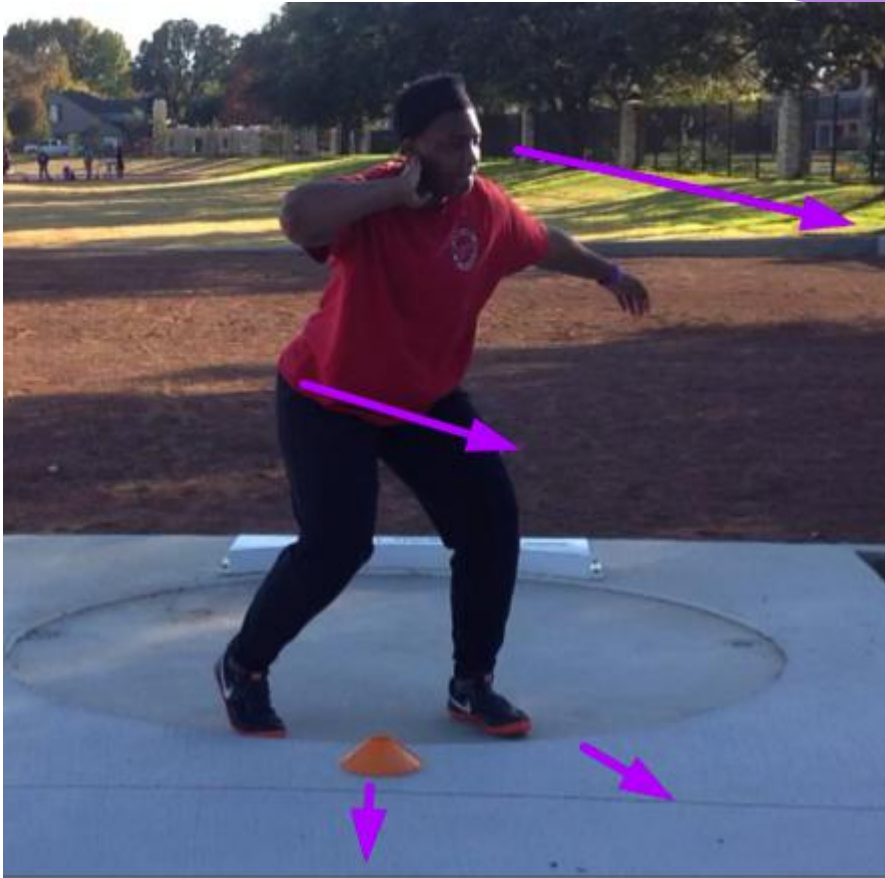
Athletic Stance / Balanced Position





# ENTRY

## Rhythmic Start



# ENTRY

## Functional Leg Swing / Proper Angles



# ENTRY

## Pivot Skills / Linear Direction



# FLIGHT PHASE

## Problematic Areas of Concern

- \* Focal Points / Orbit Control
- \* Not releasing shoulders to 3 o'clock
- \* Not staying flexed (unable to pivot)
- \* Landing Flat Footed/ Heel must be OFF GROUND
- \* Inactive Left Leg



# FLIGHT PHASE

## Focal Point / Orbit Control



# FLIGHT PHASE

## 3 O'Clock Position



# FLIGHT PHASE

Focal Points

3 O'Clock / 11 O'Clock





# FLIGHT PHASE

## 11 O'Clock Position





# POWER POSITION

## Problematic Areas of Concern

- \* Understanding Narrow Base-Rotational Throw
- \* Not Establishing Torque Body Position
- \* Tracking Eyes Properly
- \* Use of the Left Arm

# POWER POSITION



# FINISH

## Problematic Areas of Concern

- \* Not Tracking Eyes Through Release Angle
- \* Not Working Energy System From the Ground Up
- \* Not Finishing Throw in Vertical Plane
- \* Not Understanding Angles of Recovery Phase

# FINISH

Track Eyes Through Release Angle



# FINISH

## Vertical Plane





# FINISH

## Recovery Phase



# RHYTHMIC PATTERNS

- \* Initially Teach Slow to Moderate Rhythm
- \* Progression From Slow Rhythm to Increased Rhythm
- \* Finally – Establish a Gradual Rhythmic Pattern of Increasing Speed Throughout the Circle
- \* Highest Velocity at Release
- \* Adjust Rhythms Based on Position Work and Rotational Abilities

# DRILL PACKAGE

- \* Line Drills (South African)
- \* Walk-Through Drill
- \* Half Turn Drill
- \* Entry/Flight Phase
- \* Strike Drill
- \* Reverse/Recovery System
- \* Spot Check



# DRILL PACKAGE

## Line Drills



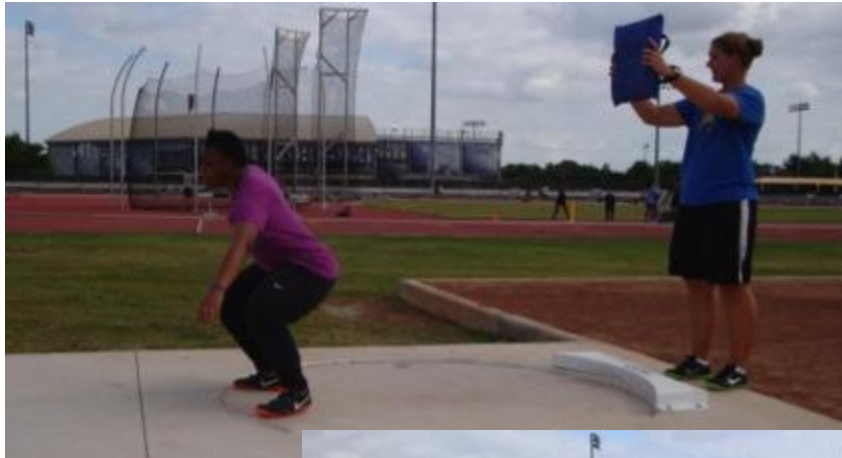
# DRILL PACKAGE

Walk Throughs – 3 O’Clock/11 O’Clock



# DRILL PACKAGE

## Strike Drill



# QUESTIONS / DISCUSSION

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