Glide Conversion to Rotational Shot Put

John Kenneson
TCU
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
Psychological Parameters

* Must be Positive – Build Confidence
* Dual Investment – Coach/Athlete
* Understanding the Process/Coping with Failure
* Understanding Time Tables/Time Investment
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
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
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
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
Problematic Areas of Concern

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

CONTACT INFO:

John Kenneson
j.kenneson@tcu.edu