The Spin Shot Put Technique: An Evaluation of Top Collegiate Throwers

John Frazier
UCLA Head Men’s Track and Field Coach
Braheme Days Jr. is a red-shirt freshman who threw the HS shot put 21.53m in 2012, his junior year of high school. Last year as a college freshman he threw the indoor shotput 18.87m and the outdoor 18.99m. He threw the 6k shotput 21.16m for an American Junior Record, 2014 USA Jr. Champion and Bronze at the 2014 World Jr’s.
Nicholas Scarvelis is a red-shirt junior who threw 19.91m with the high school shotput, and 17.49m as a college freshman glider with the 16lbs shot. He transitioned into the spin and threw 19.37m with the 6k, both in 2012. In 2014 he threw the 16lbs shotput 19.64m and was MPSF Indoor Champion and PAC 12 Outdoor Champion.
Braheme 2\textsuperscript{nd} Week of Training
17.50m estimate

Talking Points

Strengths
\begin{itemize}
  \item The ability to create power
  \item Balance
  \item Arm Strike
\end{itemize}

Weaknesses
\begin{itemize}
  \item Does not set up well out of the back lacking left leg drive
  \item Shotput gets a head of him
\end{itemize}

What to do?
360’s-Step in’s-Left and Right Leg together-Non Rev-Multiple Stands
Nick 6 Weeks of Training
19.85m estimate

Talking Points

Strengths
- Good left arm throughout the throw
- Good balance
- Good strike on the finish

Weaknesses
- Hops into the throw rather than driving left leg
- Causing him to be too high on ball of his right foot
- An up and down motion, as opposed to lateral and level drive

What to do?
Drive down on right side to middle-Non Rev-Consistent 70% throws-Balance out of the back
Indoors

Braheme
University of New Mexico

Talking Points

Positive Point's

• Aggressive
• Improved left arm control from back to the middle
• Keeps the shot back over his right side

Areas of Improvement

• Left leg movement to the front
• Left shoulder alignment over right leg in power position
• Needs to be patient in the middle with arm strike
Indoors

Nick MPSF Indoor Championships 2014

Talking Points

Positive Points

• Good torque
• Pure rip!
• Get’s the job done!

Areas of Improvements

• Lower moving left leg to a hop
• Faces throw too long in the middle
• Needing to land and move in a position of power as he finishes his throw
• Needs to have shot back over the right leg through the throw
Spring Practice 2014

Braheme throwing a 14.5lbs shotput 20.80m

Talking Points

• Technical Improvements after Indoor Season
• Learned how to set up over the left leg and feel left and right side work together.
• Focused on staying back over the right leg longer or holding separation longer.
• Focused on lifting with the legs opposed to getting a big arm strike.
• Learned how to lift properly in the weight room
Spring Practice 2014

Talking Points

• **Technical Improvements after Indoor Season**
• Better center of gravity out of the back of the ring
• Improved lower body movement
• Improved right foot in the middle
• Improved lift of the shot through the finish

Nick throwing 15lbs shot approx. 20m
Outdoors

Braheme near his PR Throw with the 16lbs. 18.67m

Talking Points

- Improvement out of the back of the ring in setting up the throw.
- But failed in terms of getting off of the left foot earlier.
- Braheme holds well over the right in the middle and drives his hip better into the throw.
Outdoors

Nick’s PR throw of 19.64m
USC Dual Meet

Talking Points

• Good set up from the back of the ring
• Drive to the middle not as high
• Active right foot through the middle
• Caught shotput back over his right leg (good separation)
• Good up and out movement on the finish
Braheme Days American Junior Record
6K Shot

OTC Chula Vista, CA

Talking Points

• Positive Points
• Relaxed and loose
• Good left leg drive, that has room to improve
• Good separation
• Good hips on the finish
• Very aggressive
Shotput Drills

Shot Drills Fall 2013 focused on correcting Center of Gravity
Shotput Drills

Focusing on the movement pattern of his left leg

Fall 2013
Shotput Drills

Focused on landing back over the right leg

Fall 2103
Shotput Drills

DB Shot Drills

Celebrating the Jr. AR
Shotput Drills

Storl’s Weak side

Fall 2014
Shotput Drills

Storl’s Strong Side

Braheme and Amir Patterson Celebrating 1st and 2nd Place at USA Jr’s 2014
Fall Practice 2014

Braheme
70% to 80% effort

Talking Points

• **Scope of Practice**
• Setting throw up out of the back
• Active left leg
• Controlled left arm
• Long and patient over active right foot in the middle of the ring
• Nice lift on the finish
Nick
70% to 80% effort

Talking Points

• **Scope of practice**
• Slowing back of the ring down
• Keep good center of gravity from start
• Work right foot on the ground long
Final Thoughts Heading into 2015 Season

- Keep working core to hold solid positions
- Keep hitting the weight room hard and wisely
- Doing dry spins focusing on one weaknesses
- Focusing on the individual needs of each thrower