BACK OF THE RING

SHOT PUT BALANCE
INTRODUCTION

- Eric Werskey
- University of Iowa 2017 - Current
- California State University, Northridge 2015-2017
- Former Post Collegiate Shot Putter @ OTC Chula Vista
- Auburn University Grad 2011
- Indiana University 2006-2007
- Seymour High School – Seymour, Indiana
INTRODUCTION

• Auburn University 2007-2011
• 3x All American Shot Put
• Coached and Mentored by Jerry Clayton (now University of Michigan)
• Sparked my interest in coaching
INTRODUCTION

- Post Collegiate Shot Putter 2011-2015
- United States Olympic Training Center Resident Athlete 2012-2015
- Coached and Mentored by Art Venegas
- Allowed me to be “athlete-coach” at OTC among our training group
WHAT WE WILL COVER

• Back Swing Types
• Left Side Load
• Facing of the Throw
• Drills to Aid Balance
• Q&A
BACK SWING TYPES

- Fully Rotated (ie Tom Walsh)
- Partially Rotated (most common)
- Static/Locked Start (ie Joachim Olsen)
BACKSWING – FULLY ROTATIONAL

- More Tall/Upright at start
- Center of Mass swings extremely from right to left
- Loading of left side is delayed as the hips flip then right leg leads into middle
- Extremely Active right leg sweep
- Can cause extreme separation in middle of the ring
- Gives potential of further distances
- Advanced thrower and uncommon
- Requires a lot of coordination and patience to get over left
- Typically seen with wider base power position and level left arm wrap with rotational finish
BACKSWING – FULLY ROTATIONAL
BACKSWING – FULLY ROTATIONAL

- [https://www.youtube.com/watch?v=Gy0wvB4I_Kg](https://www.youtube.com/watch?v=Gy0wvB4I_Kg) (Tom Walsh 2018)
- [https://www.youtube.com/watch?v=Wa9rWAteGRY](https://www.youtube.com/watch?v=Wa9rWAteGRY) (Tom Walsh 2018)
- [https://www.youtube.com/watch?v=Fs-un9Imvc4](https://www.youtube.com/watch?v=Fs-un9Imvc4) (Adam Nelson 2009)
- [https://www.instagram.com/p/BixTjc8F3k1/?taken-by=iowa_throws](https://www.instagram.com/p/BixTjc8F3k1/?taken-by=iowa_throws) (Nia Britt 2018)
BACKSWING – PARTIALLY ROTATED

• Backswing is minimal from right to left side
• More Loaded base/COM
• Partially rotated backswing allows first separation to occur in movement
• “Out and Around” the left side is a cue typically given to beginners
• The “Out” cue = pushes COM out of back of ring
• As the “Out” occurs, I tend to look at upper body – shoulder position in relation to hips
• The “Around” cue = COM on top of left side = accelerator to right leg sweep
• Allows left leg sprint/drive into middle if desired
• Plays into both separations of middle
  • Narrow Base with dropped left arm
  • Wider Base with level wrap
BACKSWING – PARTIALLY ROTATED
BACKSWING – PARTIALLY ROTATED

• https://www.youtube.com/watch?v=iHhcZIKPpxw (Joe Kovacs 2017)
• https://www.youtube.com/watch?v=Bg1XSCEVuV4&feature=youtu.be (Joe Kovacs 2015)
• https://www.youtube.com/watch?v=XrWGBJAOlk&feature=youtu.be (Ryan Crouser 2017)
• https://www.youtube.com/watch?v=kwINgsVGAag (Darrel Hill 2017)
• https://www.youtube.com/watch?v=s0Gw03hmMds (John Godina 1995)
• https://www.instagram.com/p/BjSj1DxFXkB/?taken-by=iowa_throws (Reno Tuufuli 2018)
BACKSWING – STATIC/Lock START

- No Backswing/rotation
- No additional momentum
- Loaded legs
- Immediate balance into left side
- Extremely active right leg sweep
- Uncommon for most rotational shot putter as competitive throw
- Great training exercise
- I still look for “Out and Around” the left side – just quicker reaction
- Things to look for
  - Depth of left knee
  - Relationships of shoulders-chest-hips
BACKSWING – STATIC/LOCK START
BACKSWING – STATIC/LOCK START

- https://www.youtube.com/watch?v=NVi8mTz03v4 (Joachim Olsen 2004)
BACKSWING – STATIC/LOCK START
LEFT SIDE LOAD

- Ideas I consider for each athlete?
  - Assess Center of Mass and how the athlete comes out of back swing
  - How/Where does the athlete naturally create power?
  - What is the overall Flow/Rhythm of throw?
  - Where does the left foot stop?
  - Where is the Head/Eyes?
Assess Center of Mass and how the athlete comes out of back swing

- Tall then sits/drops into left?
- Squatted and loaded into left?
- Neutral or preloaded into left?
- Where is Left Shoulder/Arm placement?
LEFT SIDE LOAD

- As COM (center of mass) moves into left side
  - Left Arm
  - Chest Angle
  - Right Foot/leg (leading or behind)
  - Depth Of Left Knee
  - Where the Left Foot Stops
LEFT SIDE LOAD
LEFT SIDE LOAD
FACING OF THROW

• Also know as the “drive” or “float” phase
• Aids in throwers separation in middle
• Helps implement stay behind hips throughout the middle to finish
FACING OF THROW
FACING OF THROW

• Things to look for:
  • Depth of Left Knee (do you sprint/drive into middle?)
  • Position of Head and Eyes (to sector?)
  • Position of Right Leg (does it lead and cross the mid-line of ring?)
  • Position of Left Arm
    • Level wrap with wider base with rotational finish
    • Drop with narrow base into jump finish
DRILLS FOR BALANCE

• Holding Shot Put 360
• Holding Medball
• Sit and Sink Wall Drill
• Static Start Holding Shot Put Against Neck
• Static Start Throw
• Full Throw with Stick
DRILLS – 360 WITH IMPLEMENT
DRILLS – MEDEBALL BALL THROW
DRILLS – SIT AND SINK WALL DRILL
DRILLS – STATIC W/O BALL
DRILLS – FULL THROW W/ STICK
DRILLS – STATIC START FULL THROW
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THANK YOU
GO HAWKS!