shot put:
fall preparation

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what to expect from today

TRANSPARENCY

OUTLINE SPECIFIC PROGRAMMING

RATIONALE

GET A LITTLE (TECHNICALLY) CONTROVERSIAL
what to expect from today

OLD/NEW FEELING IN THE THROW

IDENTIFYING MOVEMENT

NERD OUT ON THE SHOT PUT TOGETHER

THOUGHTS MOVING FORWARD
what to expect from the programming

TRAINING DAYS
THROWING
LIFTING
SPECIALS
RUNNING/HURDLES
BOUNDING

OFF DAYS
REST
MID-WEEK ACADEMIC DAY
BE A HUMAN FOR A DAY
what are we trying to do in the throw?

CREATE FORCE

ACCEPT FORCE

DELIVER FORCE
common levers

EXERCISE
VOLUME
INTENSITY
SPEED
program:

END OF AUGUST – END OF SEPTEMBER

THROWING

20# SHOT PUT X 15-20 THROWS (NR STAND, NR FULL, FULL W/REV)

LIFTING

M/TH: MUSCLE CLEAN (4X4), BACK SQUAT (4X10), MILITARY PRESS (4X10), DIPS (3X8), INCHWORM (3X8), LATERAL LUNGE (3X8)

T/F: PUSH PRESS (4X4), SUPPORTED SINGLE LEG SQUAT (4X10E), RAIDER CHEST PULL (3X8), SLDL TO UPRIGHT ROW (3X8), HANGING LEG RAISE (3X8), U’S/N’S (3X8)
program:

END OF SEPTEMBER – END OF OCTOBER

THROWING

20# (16# M/TH STARTING EARLY OCTOBER)
SHOT PUT X 15-20 THROWS (NR STAND, NR FULL, FULL W/REV)

LIFTING

M/TH: MUSCLE CLEAN (4X4), BACK SQUAT (4X10)/OVERHEAD SQUAT (4X10 – THURSDAY),
BENCH PRESS (4X10), DIPS (3X8), LATERAL LUNGE (3X8), SWISS BALL STABILITY (3X5E)

T/F: PUSH PRESS (4X4), BOX PISTOL SQUAT(4X10E), RAIDER CHEST PULL (3X8),
SLDL TO UPRIGHT ROW (3X8), HANGING LEG RAISE (3X8), SWISS BALL WALL WALKS (3X5)
program:

END OF OCTOBER – END OF NOVEMBER

THROWING

M/TH: 16# SHOT PUT X 15-20 THROWS (NR STAND, NR FULL, FULL W/REV)
T/F: 20# SHOT PUT X 15-20 THROWS (NR STAND, NR FULL, FULL W/REV)

LIFTING

M/TH: MUSCLE CLEAN (4X4), BACK SQUAT (4X10)/OVERHEAD SQUAT (4X10 – THURSDAY), BENCH PRESS (4X10), DIPS (3X8), LATERAL LUNGE (3X8), SWISS BALL WALL WALK (3X5E)

T/F: PUSH PRESS (4X4), BOX PISTOL SQUAT(4X10E), RAIDER CHEST PULL (3X8), SLDL TO UPRIGHT ROW (3X8), HANGING LEG RAISE (3X8), SWISS BALL WALL WALKS (3X5)
daniel mcgarthur

16# SHOT PUT
5TH YEAR SENIOR
double support 1

BALANCE
LEVEL(ISH)
LEFT KNEE MOVEMENT
RIGHT HAND PRESSURE
RIGHT TO LEFT
BALANCE
LEVEL(ISH)
LEFT KNEE MOVEMENT
RIGHT HAND PRESSURE
LEFT ARM FREE
LEFT LEG LOAD

single support 1
flight phase

RE-WRAP
GET BACK ON THE GROUND
single support 2

TRAP
RIDE SIDE PRESSURE
WORK RIGHT TO LEFT
double support 2

PATIENCE
RIGHT FOOT PUSHES
LEFT FOOT DOWN
WORK THE GROUND
BLOCK
delivery

BLOCK
TRANSFER RIGHT TO LEFT
PATIENCE
REACH
RHYTHM
SAVE THE THROW V. FAIR THROWS
FOULING AT PRACTICE

recovery
moving forward
program:

END OF NOVEMBER – END OF DECEMBER

THROWING

M/TH: 16#/6K SHOT PUT X 15-20 THROWS (NR STAND, NR FULL, FULL W/REV)
T/F: 18# SHOT PUT X 15-20 THROWS (NR STAND, NR FULL, FULL W/REV)

LIFTING

M/TH: BOX SQUAT/BOX JUMP (4X3), HANG CLEAN (4X3), BP/NEIDER PRESS (4X3),
DISCUS FINISH ON BACK HYPER (2X5R, 1X5L)

T/F: MUSCLE SNATCH (3X3), BACK SQUAT (4X3), PUSH JERK (4X3), LANDMINE (3X5), ADP (3X5)
double support 1

BALANCE
LEVEL(ISH)
LEFT KNEE MOVEMENT
RIGHT HAND PRESSURE
single support 1

Balance
Level (ish)
Left knee movement
Right hand pressure
Left arm free
Left leg load
flight phase

RE-WRAP
GET BACK ON THE GROUND
single support 2
TRAP
RIDE SIDE PRESSURE
WORK RIGHT TO LEFT
double support 2

PATIENCE
RIGHT FOOT PUSHES
LEFT FOOT DOWN
WORK THE GROUND
INITIATE BLOCK
delivery

Block
Transfer right to left
Patience
Reach
RHYTHM
SAVE THE THROW V. FAIR THROWS
FOULING AT PRACTICE

recovery
conditions that create long throws

TALENT

OPPORTUNITY

DETERMINATION
building the relationship

ACCOUNTABILITY

COMMUNICATION

TRUST
positive coaching

HAPPY AND POSITIVE ARE DIFFERENT

POSITIVE V. NEGATIVE CUES

SOMEONE IS TRUSTING YOU WITH THEIR CHILD

FAILING DOES NOT MEAN FAILURE – OPPORTUNITY TO LEARN
questions?
discussion