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

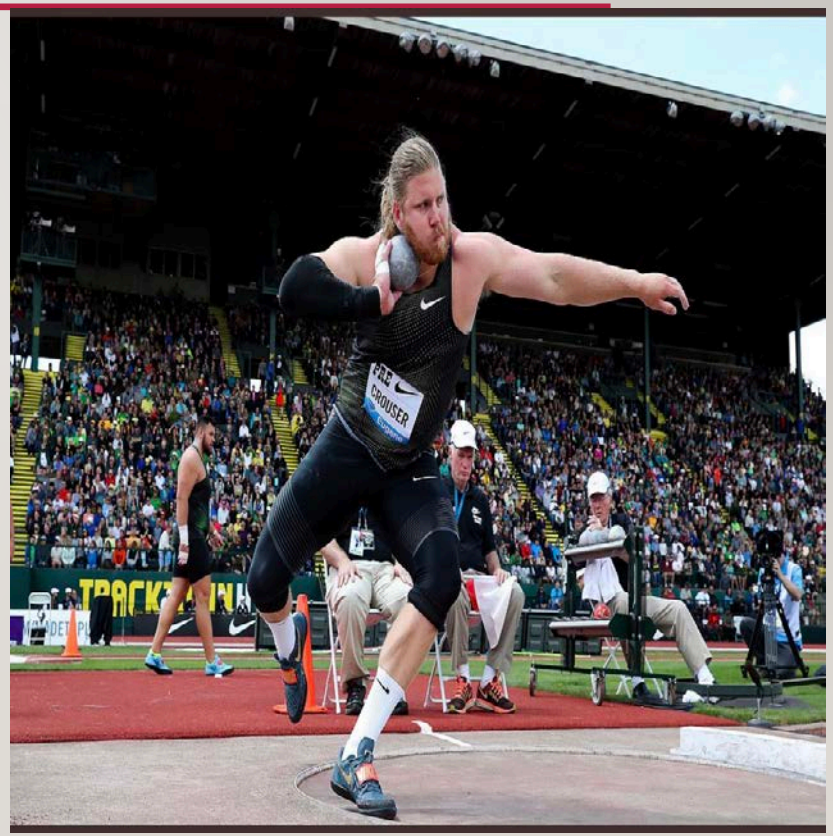
BACKSWING – FULLY ROTATIONAL

BACKSWING – FULLY ROTATIONAL

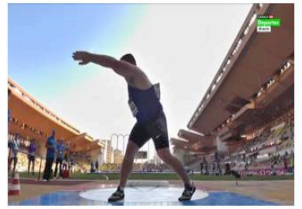
- https://www.youtube.com/watch?v=Gy0wvB4I_Kg (Tom Walsh 2018)
- https://www.youtube.com/watch?v=Wa9rWAtwGRY (Tom Walsh 2018)
- https://www.youtube.com/watch?v=Fs-un91mvc4 (Adam Nelson 2009)
- https://www.instagram.com/p/BixTjc8F3k1/?taken-by=iowa_throws (Nia Britt 2018)

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=XrWGBJAQo1k&feature=youtu.be (Ryan Crouser 2017)
- https://www.youtube.com/watch?v=kwlNgsVGAag (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

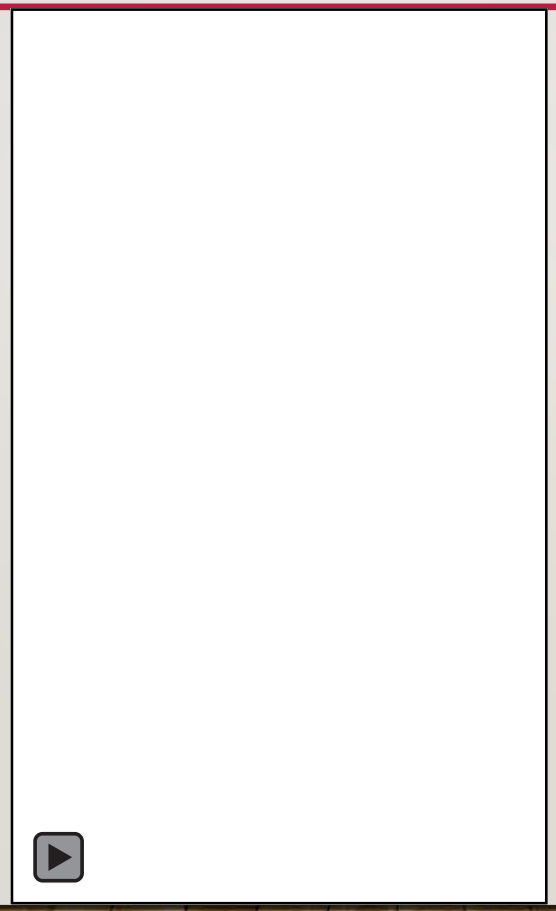
- No Backswing/rotation
- No additional momentum
- Loaded legs
- Immediate balance into left side
- Extremely active right leg sweep
- Uncommon for most rotational shot putter as competitive throw
- Great training exercise
- I still look for "Out and Around" the left side – just quicker reaction
- Things 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)
- https://www.instagram.com/p/BjxMe4fFIMP/?taken-by=iowa_throws (Laulauga Tausaga 2018)

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?

LEFT SIDE LOAD

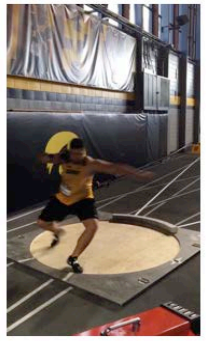
Assess Center of Mass and how the athlete comes out of back swing

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

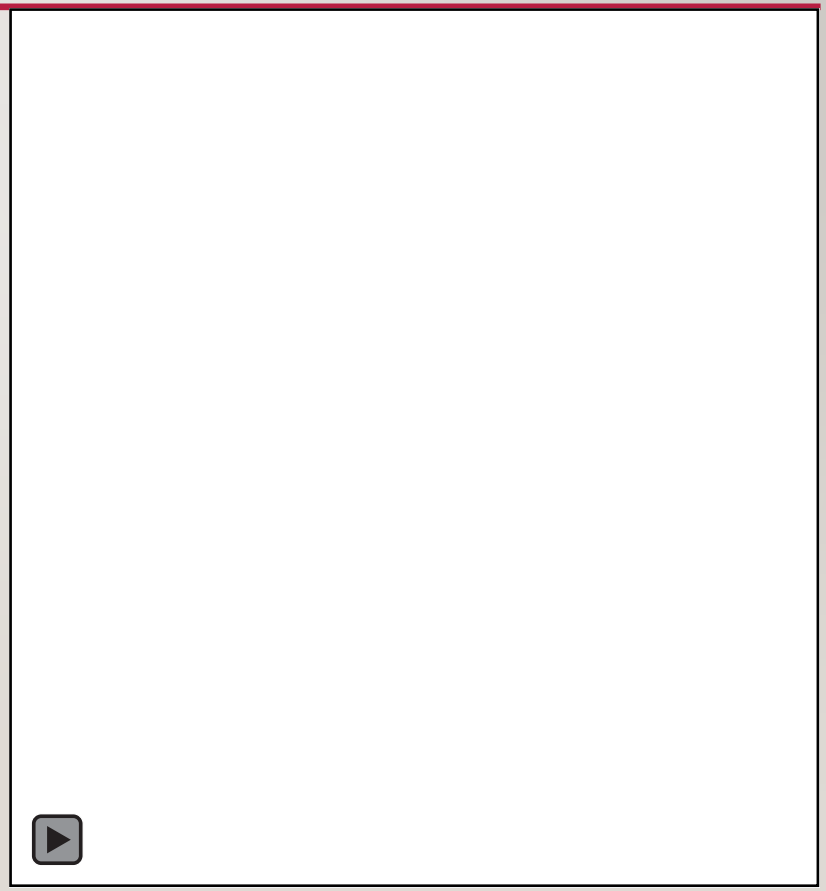
LEFT SIDE LOAD

- 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



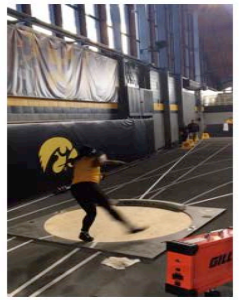
LEFT SIDE LOAD

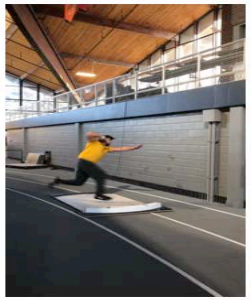


FACING OF THROW

- 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





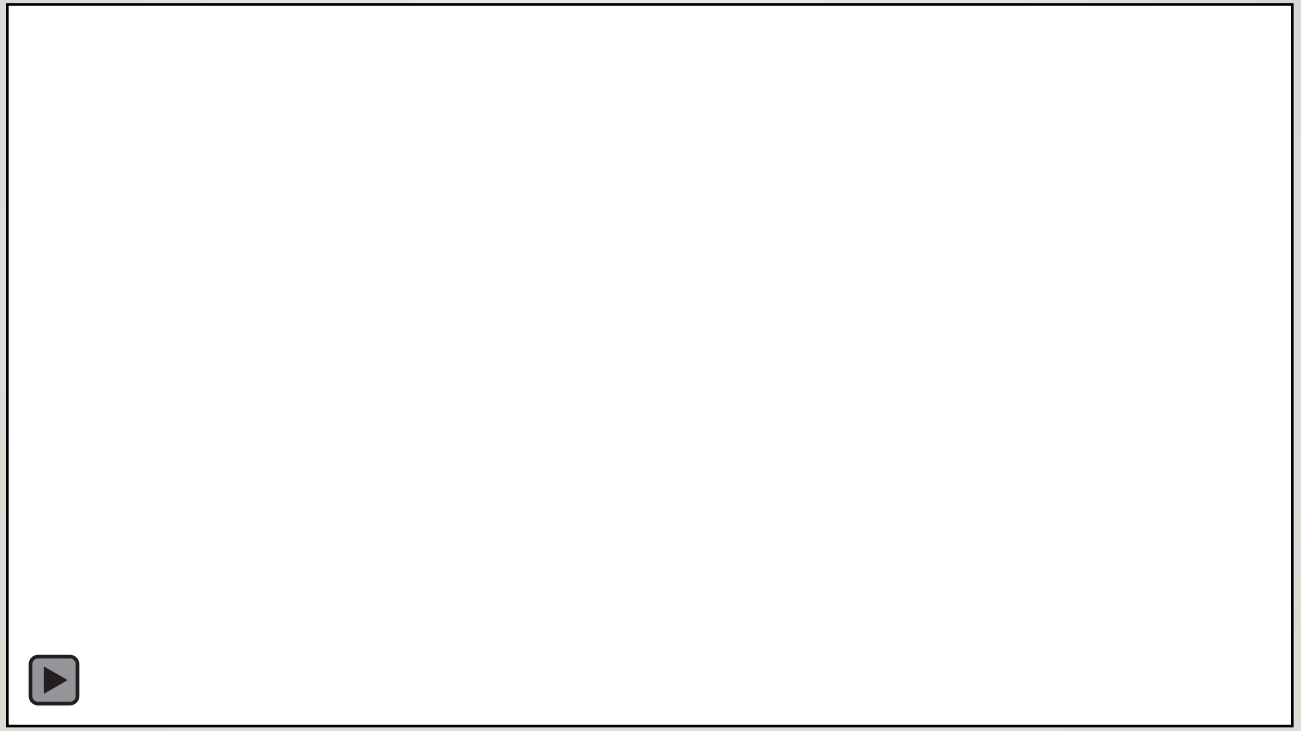
FACING OF THROW

- 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

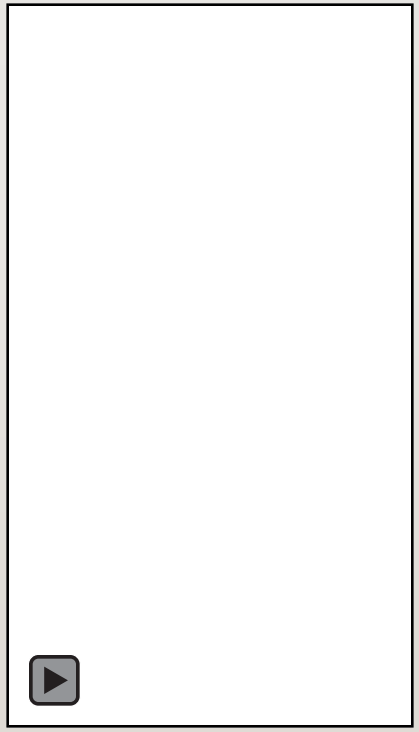
DRILLS FOR BALANCE

- 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

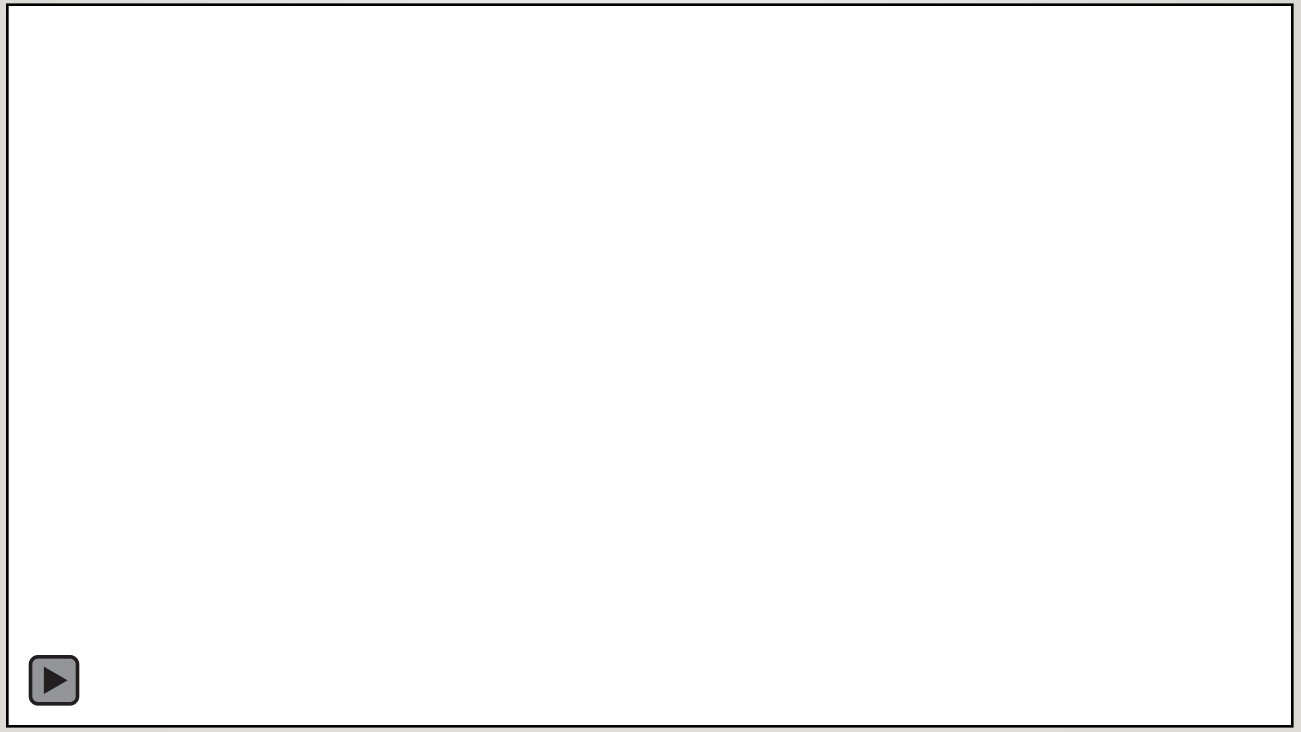
DRILLS – 360 WITH IMPLEMENT



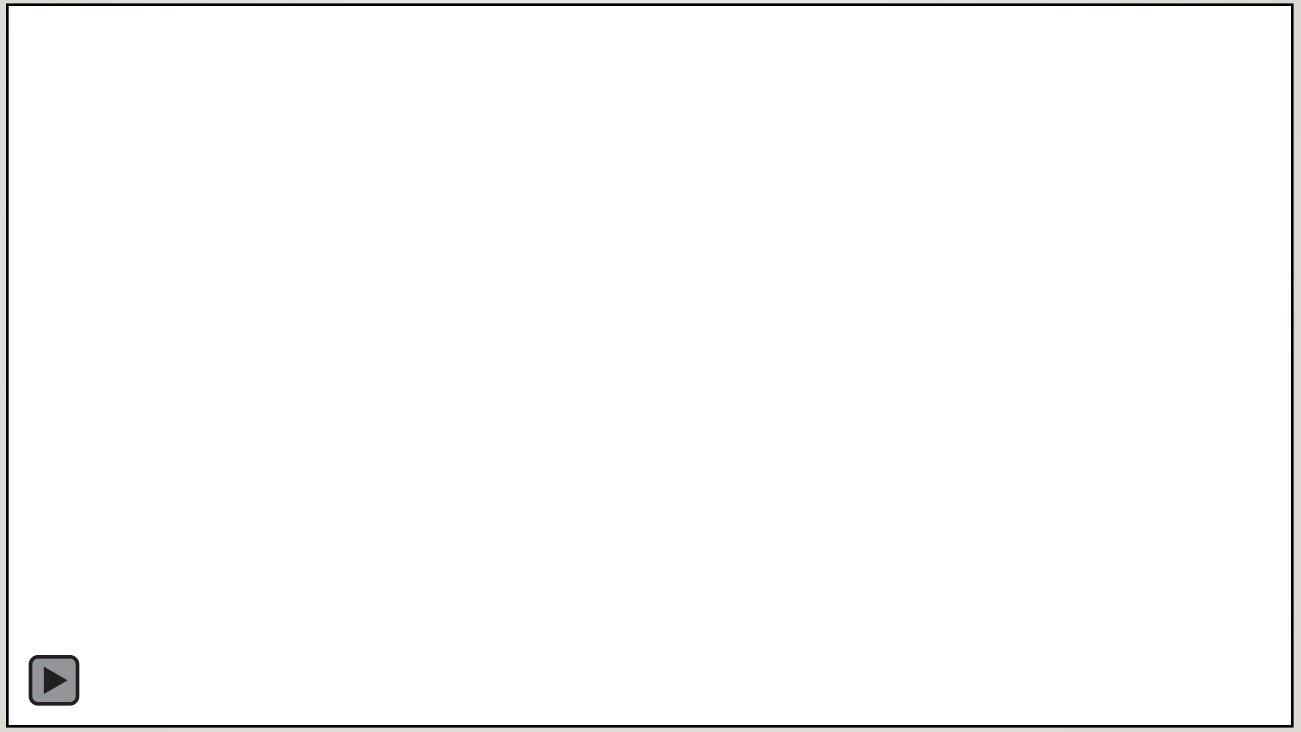
DRILLS – MEDBALL BALL THROW



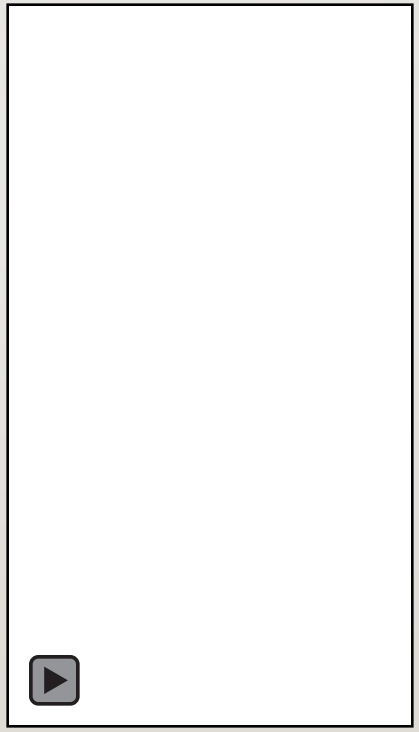
DRILLS – SIT AND SINK WALL DRILL



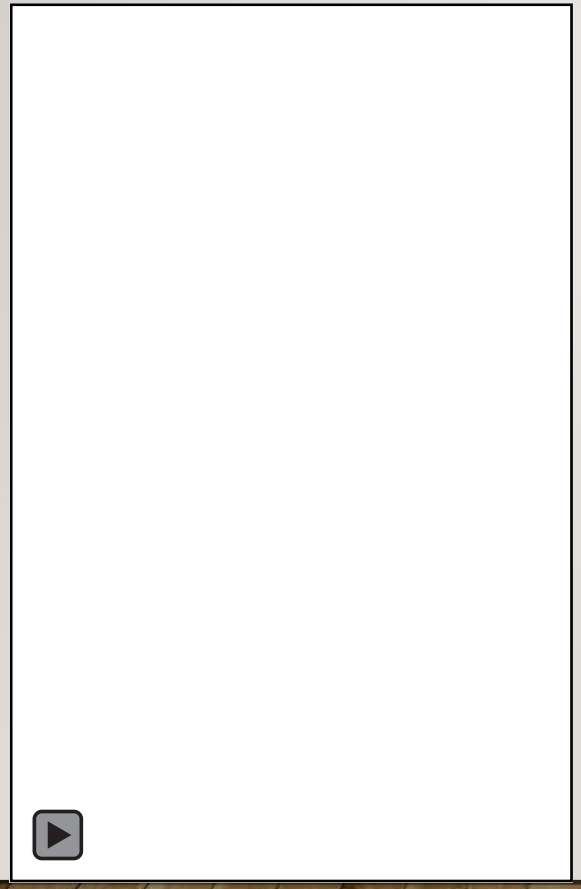
DRILLS – STATIC W/OUT BALL

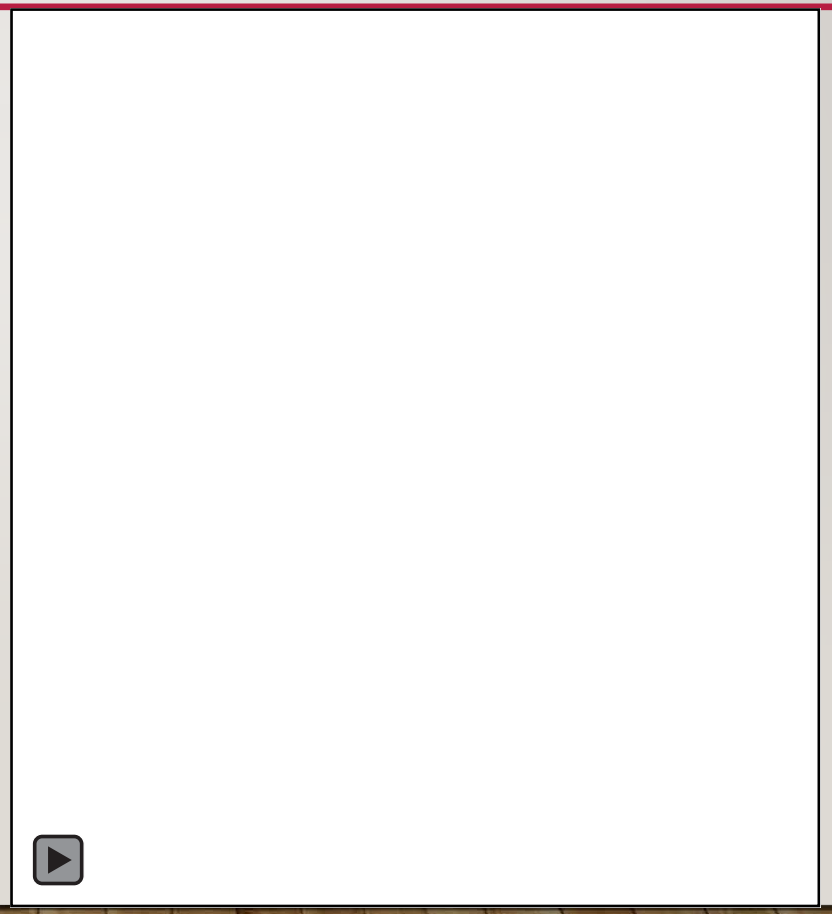


DRILLS – FULL THROW W/ STICK



DRILLS – STATIC START FULL THROW





Q&A

CONTACT INFORMATION

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- Facebook – Eric Werskey

THANK YOU

GO HAWKS!