

ADVANCED SHOT PUTTING

MITCH CROUSER

GLIDE VS SPIN

- Learn "Power Position" – Stand 1st
- Learn Glide 2nd
- Possibility of Spin after Glide is mastered

POWER POSITION - STANDING THROW

- 85 to 90% of distance comes from standing throw
- Base = $\frac{1}{2}$ circle
- Weight of right leg on ball of foot (not flat footed)
- Heel/Toe - left toe in line with right heel -- allows hips to come through
- Weight back - shot behind right foot
- Bent right leg
- Closed left arm
- Elbow high - 90 degrees

Straight line = good position



- Standing throw is a combination of lift, rotation, and hip drift
- Initialize movement with right foot, knee, hip** (for right handers)
- Lower body ahead of upper body = separation**
- Inverted "C"
- Left side blocks and lifts

THE GLIDE

- Smooth linear transition across the circle - not a "hop"
- Should add 10 - 15% onto standing throw

The Glide - In The Back Of The Circle

- Balance is key
- Eyes focused in back of the ring
- Shoulders closed
- Left arm relaxed
- Upper body low over bent right leg



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THE GLIDE (CONTINUED)

The Glide - Coming Out Of The Back Of The Circle

3 sources of power

Unseating - gravity

Right leg pushes - most high school throwers only use this

Left leg drives and reaches for toe board

TWO BASIC GLIDE STYLES

LONG/SHORT - FEURBACH

Longer glide - shorter base

Right foot 90°

“Turn then lift”

Usually better for shorter throwers

SHORT/LONG - TIMMERMAN

Shorter glide - longer base

Right foot 100° - 135°

“Lift then turn”

Usually better for taller throwers

Technique Keys For Longer Throws

Stay closed - keep left arm back

‘A’ Position = long throws

Up on to toe out of back adds momentum across circle

Right foot/left foot rhythm is quick - no hesitation

Extend out over toe board on finish

Path of the shot in a straight line

DRILLS

Towel drill-getting ‘A’ position out of the back

Mirror drills-gives immediate feedback

Slow motion stands-builds correct neuro-muscular movement

TIPS FOR LONG THROWS

Light implements - 12lb to 10 lb & 4kg to 7 lb

Medicine ball = good transition from weight room to throwing

Specific strength = better correlation to distance thrown than general strength

Technique improvement = single biggest dividend in distance thrown

Simulate competition situations in practice



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TIPS FOR LONG THROWS (CONTINUED)

- Extra month of JR Olympics= big difference
- Early season- drills,drills,drills
- Throw into tarp/wall in winter/early season
- Video filming-gives instant feedback
- Visualization-mental imagery very important

PEAKING FOR THE BIG MEET

- Focus is on everything getting faster & sharper = light implements
- Sprints - great for speed/peaking
- Overall training load lightens up-athlete is fresh and rested
- Limit total # of throws and max effort throws the week before big meet
- Stop plyometrics 1 to 2 weeks before big meet
- Work on rhythm and speed rather than technical changes the last 2 weeks
- Go into meet with confidence
- Big meets - expect the unexpected

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