

Shot Put



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Glide vs. Spin

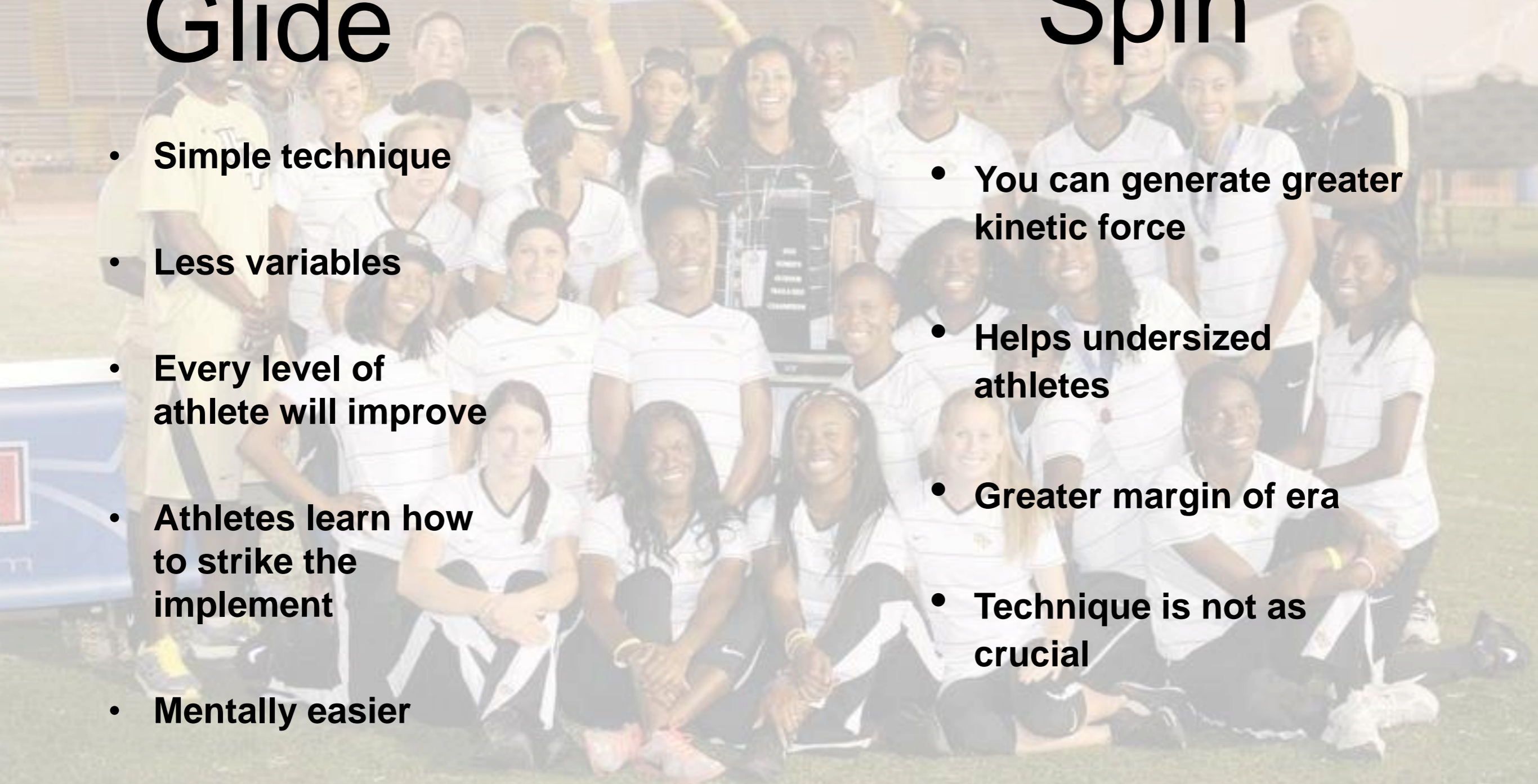


Glide

- **Simple technique**
- **Less variables**
- **Every level of athlete will improve**
- **Athletes learn how to strike the implement**
- **Mentally easier**

Spin

- **You can generate greater kinetic force**
- **Helps undersized athletes**
- **Greater margin of error**
- **Technique is not as crucial**



Forces

- **Linear Force**

- **Rotational Force**

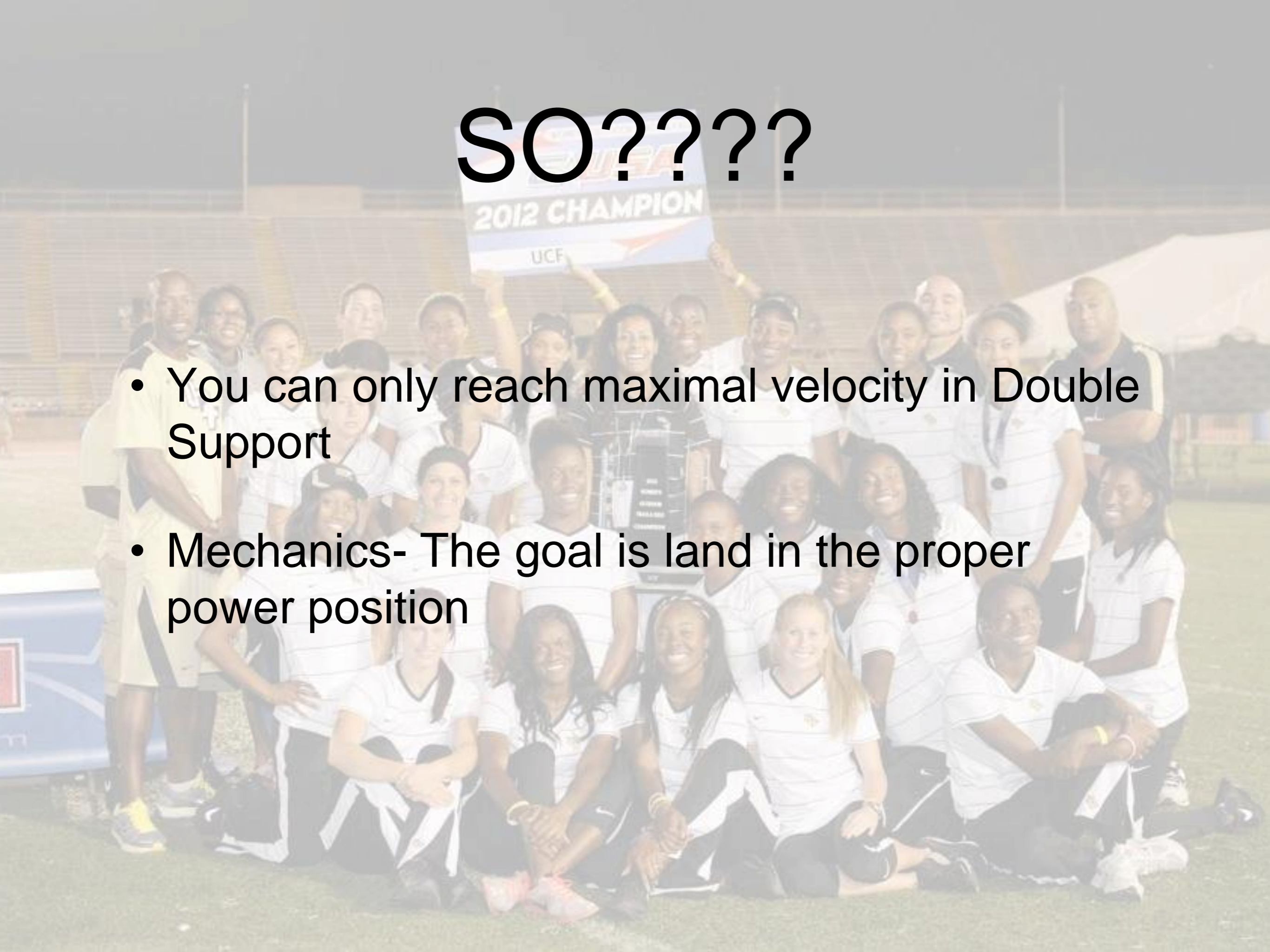
***The longest Path will create the most momentum**

***The Greatest Velocity is created in Double Support**



SO?????

- You can only reach maximal velocity in Double Support
- Mechanics- The goal is land in the proper power position



Purpose

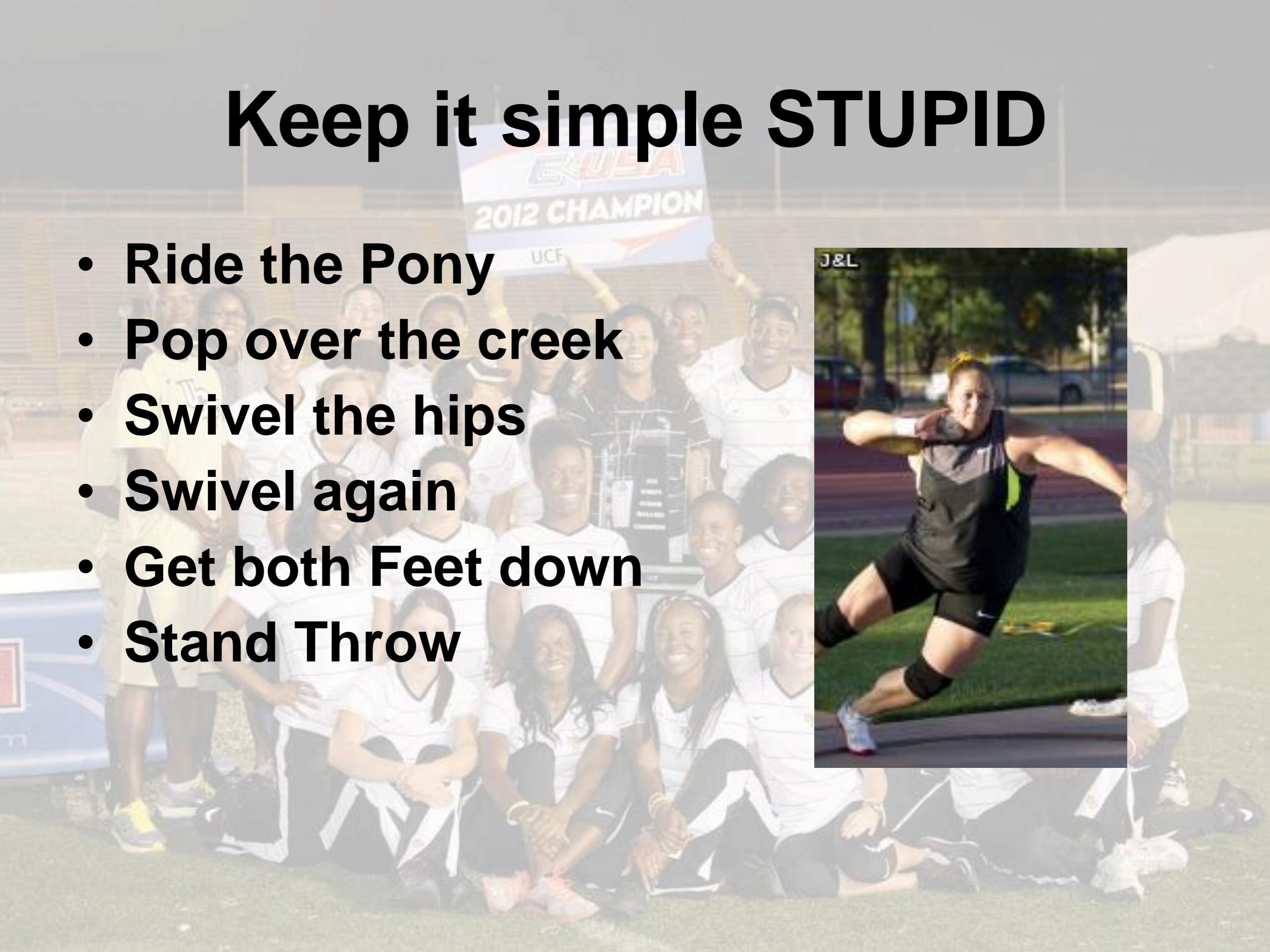
- **The Purpose of the Rotational Technique is not to make the ball go further**
- **The Purpose of the Rotational Technique is to put the athlete's body in the best position to create maximal velocity in Double Support**
- **Goal should be to create the longest path possible in double support**

The Rotation



Keep it simple **STUPID**

- **Ride the Pony**
- **Pop over the creek**
- **Swivel the hips**
- **Swivel again**
- **Get both Feet down**
- **Stand Throw**



Before you Start

- Feet shoulder width
- Shoulders parallel to the ground
- Weight in the middle of the body
- Swivel feet
- Shoulders relaxed



The Start (Right Leg Initiates)

- **Slower the better**
- **Square out of the back**
- **Activate with both feet**
- **Turn around left leg**
- **Push Right foot out**
- **Rotate on ball of left foot**
- **Use right leg first**



The Turn (Ride the Pony)

- **Stay over the left leg**
- **Stretch right leg**
- **Ride the pony**
- **Shoulders square**
- **Relaxed upper body**
- **Tempo not speed**
- **Move around the left side**



Take Off (Pop over the Creek)

- **Right knee to the middle**
- **Get off your left, but don't straighten the left leg**
- **Look down the sector**
- **Shoulders in the sector**
- **Square to the middle**
- **Pre turn right foot**
- **Relax gravity will take control**

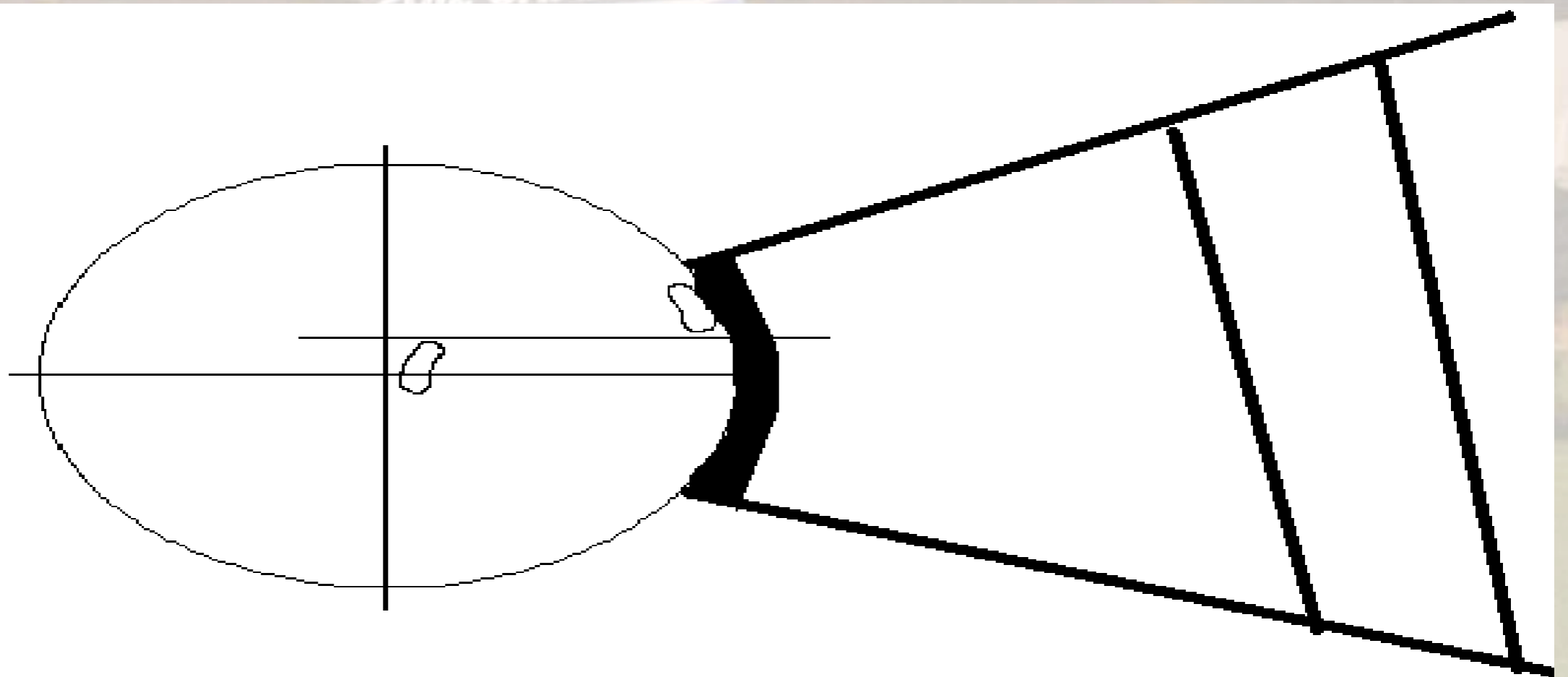


Flight (Swivel and Swivel Again)

- **Right leg turns the body!**
- **Don't pull the head and shoulders**
- **Upper body hangs back**
- **Stay low on legs**
- **Grind right leg**
- **Bring Knees together**

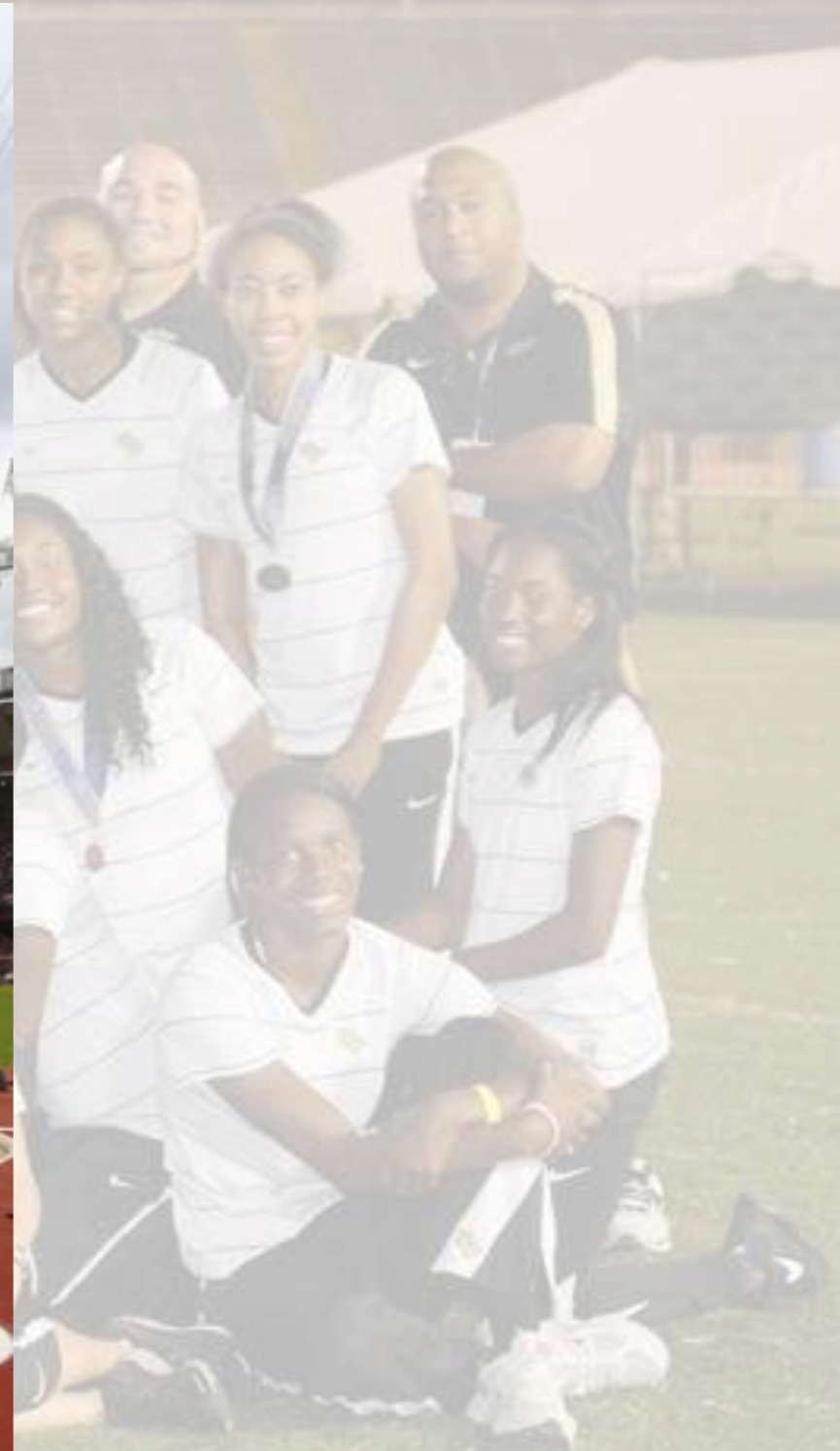


Heel To Toe



- Both feet facing 9 O'clock
- Think left leg straight

The Glide



Starting Position

- Head up
- Left arm back
- Right leg loaded
- Right toe slight turned inward
- Right foot on midline of ring
- Knee over Toe



Knees Together

- **Bring knees together**
- **Stay loaded on right leg**
- **Relaxed upper body**



Extend

- Drive off right leg
- Straighten left leg
- Pop off right foot
- Upper body relaxed



Flight Phase

- Pull with the right
- Turn right foot
- Relax and wait for the ground
- Try to have feet land at the same time



Turn the Right Foot

- **First things first-turn the right foot**
- **Turn on the ball of the foot**
- **Stay wrapped**
- **Don't pull the head**



Stand Throw

- **Keep weight on right foot or drop the right knee in**
- **Continue turning the right foot until you can see the right sector**
- **Twist upper body and push through ground**



The Finish

- **Turn torso forward**
- **Face the area throwing**
- **Keep head up**
- **See it come out of your hand**
- **Extend right leg**
- **Twist the “corkscrew”**
- **Body moves vertically while the arm moves horizontally**



The Reverse

- Do whatever you can do to stay in the ring
- It helps to lift left knee
- Once the shot leaves your hand you can not do anything to it so “don’t watch it”



The Release

- **Extend right arm over the front**
- **Chase the implement**
- **Push “long” not pull**



Questions ???



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