

**Grand Island Sr. High School Shot Put**  
**Josh Redman**

**Basic Principles as a throwing coach:**

- Communication
  - Athlete to Coach (cannot be a one way conversation, athlete feels comfortable enough to start conversation about each throw) I felt this...\_\_\_\_\_ phase felt off because of \_\_\_\_\_.
- Accountability
  - Again two way street, our athletes hold the coaches accountable for practice plans, managing repetitions at practice. As coaches, we hold our athletes accountable.. be on time, quality reps, work ethic (needs to be exceptional, communicate and above all else be coachable.
- Fundamentals, fundamentals, fundamentals: Throwing is a craft that must be perfected everyday. First we will throw WELL then we will throw FAR.
- Develop mental consistency in the ring: Be a great competitor, out prepare our opponents, attack pressure, positive expectations, mental focus not on meet day but everyday.
- Coaching quote that has impacted me: *“You are going to be tempted to judge yourself as a coach by how well your participants perform. Don’t. Your athletes successes and failures are their own, your job is to coach them well be faithfully following your coaching program.”*
  - Don’t find yourself in a place where you want it more than them, they have to want it for themselves

## **Euro Throw: Building up momentum in the ring**

**Credit: Coach Andy Meyer**

- Goal: Build momentum from the back of the ring to the front of the ring while maintaining a low center of gravity.
- Key components:
  - Quick Glide/Long Finish
    - - Emphasis on striking the ball (from the ground up)
  - Creating high point and low point at the back of the ring.
    - Athlete starts in same glide position, rises to both toes.
    - KEY component: Athlete then creates low point by power leg reaching 90 degrees BEFORE kick and heel drive.
  - Low center of gravity
    - Athlete is to maintain low center of gravity, chest over power leg.
  - Block leg (non-dominant leg) stops momentum, as soon as this happens power leg (hip) must fire.
  - Strike the ball.....long finish extended over the toe board.

## **Shot Put Volume: Reputations broken down on a weekly bases.**

- Volume levels include:
  - Base: 100-110 reps
  - Volume: 120-125 reps
  - Peak: 90-90 reps
  - Recovery 60-75 reps
- Weeks 1-7 follow the Base, Volume, Peak, Recovery format. Weeks 8-11 (Last invite, Conference, Districts, State follow different weight room workouts and reps managed by coach).

**\*\*Each phase coincides with number of preps per week and weight room reps and volume, athlete communication of how body feels is key\*\***

# Building Blocks of the Shot Put

1. Drive Phase Drills (Front of Ring)	2. Violent Finish Drills (Front of Ring)	3. Power Leg Under Drills (Middle of Ring)	4. Implement Behind Hip Drills (Middle of Ring).	5. Glide Phase Drills (Back of Ring)
<ul style="list-style-type: none"> <li>-Deep Squat Throw</li> <li>-Pop Extension               <ul style="list-style-type: none"> <li>-Height and Distance</li> </ul> </li> <li>-Double Pivot               <ul style="list-style-type: none"> <li>-With/W/O Med Ball</li> </ul> </li> <li>-Hip toss               <ul style="list-style-type: none"> <li>-Add Bottle</li> </ul> </li> <li>-Drop ins               <ul style="list-style-type: none"> <li>-Seperate Upper and Lower Body.</li> <li>-Focus on hips not rotating with upper body.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Toe board throws #1,#2, #3</li> <li>-Flick Finish</li> <li>Med Ball Drop Bench.</li> <li>-Accelerated Reverse Chase Throw.               <ul style="list-style-type: none"> <li>-Set up Power pos.</li> <li>-Complete throw stepping over toe board (stay on strike as long as possible).</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-A-Step (Power Leg Pull)</li> <li>-A step over object               <ul style="list-style-type: none"> <li>-Implement (throw)</li> <li>-Med Ball</li> </ul> </li> <li>-Double Glides</li> <li>-No Reverse Throw</li> </ul>	<ul style="list-style-type: none"> <li>-Switch Foot</li> <li>-Med Glide/Check</li> <li>-A-Steps</li> <li>-Drop Steps (Throw)</li> <li>- No-Reverse</li> <li>-Hip Toss (Med)</li> <li>-Band Glides               <ul style="list-style-type: none"> <li>-Non throwing side closed.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>-Low point of entry</li> <li>-Down Angle Kicks</li> <li>-A-Steps               <ul style="list-style-type: none"> <li>-High to Low Point</li> <li>-”A”</li> <li>-Power leg Pull</li> <li>-1234</li> </ul> </li> <li>-Med Ball Glide               <ul style="list-style-type: none"> <li>-Check (Ball behind hip)</li> </ul> </li> <li>-Stick Glide               <ul style="list-style-type: none"> <li>-Square shoulders</li> </ul> </li> </ul>

Order of Instruction February through May: **Work from the front to the back of the ring.**

1. Drive Phase:

- Key: Power leg drive/fire and block leg (climb the ladder)
  - Violent, violent, violent...strike the ball with your hip.

2. Violent Finish Phase:

- Key: Long finish.
  - Finish over toe board, accelerated reverse throw (Upperclassman Drill)

3. Power Leg Under

- Key: consistently getting power leg under body/chest
  - Pull power leg through to proper position with 90 degree bend.

4. Implement Behind Hip

- Key: Implement should be behind hip but not “tucked or wrapped” behind hip
  - Level shoulders that are square to the back of the ring
  - Proper power position

5. Glide Phase

- Key: Low point of entry.
  - Down angle kicks
  - Low center of gravity

Questions?

Feel free to email [jredman@gips.org](mailto:jredman@gips.org) for any questions that come up and/or drill instructions/steps.