

Development of the Throws: Technical Progressions for High School Throwers

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Rotational Shot Put

Stand

- Foot Position
- Long Free Arm
- Eyes Back
- Extend Hip



Step in
South

- Position
- Right Foot Path
- Landing
- Stand



Full Throw

- Feet Position
- Full Back Swing
- Right Foot Take Off
- South African Position
- Drive Across The Ring



Stand Throw Mechanics

Position

- Feet Position (Space Between The Feet)
- Right Knee over Right Foot
- Chest over Knee



Mechanics

- Long Free Arm
- Eyes Back
- Extend Hip



Development

- Vertical Stand Throws(Double Pivot)
- Step Out
- Stand Throw Reverse



Face The Throw!

Position

- Left Foot facing the Sector from the Back of the Ring
- Back Swing Alignment
- Balanced Position Prior to Take Off



Mechanics

- Right Foot Take off & Step Into The Middle
- Shoulders Closed & Discus in Full Back Swing
- Face The Throw
- Landing and Alignment



Development

- Step In Vertical Stand Throws(Double Pivot)
- Step In/Step Out
- Step In Stand Throw Reverse



Full Throws

Position

- Feet Position(Shoulder Width)
- Starting from the Left Side begin the Back Swing(Full Back Swing)
- Weight On the Left Side



Mechanics

- Right Foot Take Off
- Shoulders Closed
- Pushing Out Over The Left Side of the Ring
- Face The Throw



Development

- Full Non-Reverse Throw
- Full Throw Step Out
- Full Throw Reverse



Glide Shot Put

Stand

- Long Free Arm
- Eyes Back
- Extend Hip



Lock Left

- Left Leg Extended(Push off the Heel)
- Land Over The right foot
- Stand Mechanics



Full Glide

- Start Position
- Extension of the free Leg(Half Glide)
- Stand Mechanics



Stand Throw Mechanics

Position

- Feet Position (Space Between The Feet)
- Right Knee over Right Foot
- Chest over Knee



Mechanics

- Long Free Arm
- Eyes Back
- Extend Hip



Development

- Vertical Stand Throws(Double Pivot)
- Step Out
- Stand Throw Reverse



Lock Left Throws

Position

- Right Foot flat in the Back of the circle
- Left Leg extended and lock out towards the sector
- Chest of knee with Shoulders Square



Mechanics

- Unseat straight to the sector
- Push from the heel of the right foot
- Land Closed over the right leg and repeat Stand Throws Mechanics

Development

- Lock Left Vertical Stand Throws(Double Pivot)
- Lock Left Step Out
- Lock Left Stand Throw Reverse



Full Glide Throws



Position

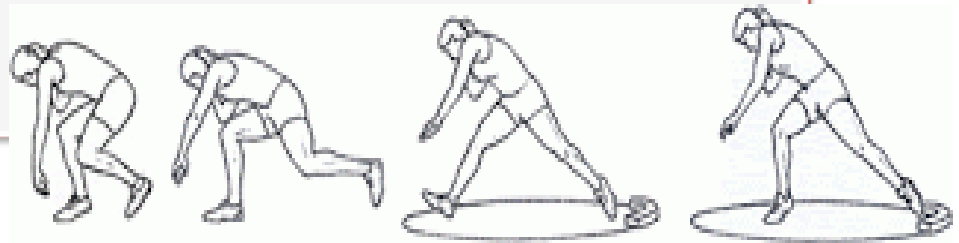
- Low Start Position
- Left Leg extended and locked out towards the sector
- Land with Chest over the knee, Shoulders Square (Stand Throws Mechanics)

Mechanics

- Slow to Fast Rhythm
- Push from the heel of the right foot
- Land Closed over the right leg and repeat Stand Throws Mechanics

Development

- Full Glide Vertical Stand Throws(Double Pivot)
- Full Glide Step Out
- Full Glide Stand Throw Reverse



SHOT PUT: Training Plans (Comp II:Throws-Performance.)

Theme: Max-Strength

Cycle #: C-VIII

Date: 05/03/12-05/30/12

Power Recovery Olympic Recovery Power Olympic

Mon	Tu	Wed	Thur	Fri	Sat
Throws					
Shot Put: A.M.: 12lb P.M.: 4k,3k					
<u>MJ</u> Rudiment 30m x 1	<u>GSC</u> Pedestal 1x8	<u>Speed</u> 2x20 1x40 2x30 1x50	<u>GSC</u> Pedestal 1x8	<u>MJ</u> x 2 Box x 3 Hurdle x 3	<u>Speed: B.U.</u> 1x50 1x60 1x70
<u>Jumps Squats</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87% <u>Pull-Ups</u> <u>(Continuous)</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87% <u>Multi Throw</u> OH Throw 4k X 6-8	<u>ASC</u> Throws Spec 2x6 <u>Ows ½ Set</u> Short Strength <u>Med-Ball</u> Twisting I 1 x 8	<u>Snatch Pull</u> 4x2x85% <u>Hang Snatch</u> 2x2x85% 2x2x87% <u>DB Jerk</u> 2x3x85% 2x3x87%	<u>ASC</u> Throws Spec 2x6 <u>Ows ½ Set</u> Short Strength <u>Med-Ball</u> Twisting I 1 x 8	<u>Jump Squats</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87% <u>Pull-Ups</u> <u>(Continuous)</u> 1x6x81% 1x4x83% 1x2x85% 1x1x87% <u>Multi Throw</u> FH Throw X 6-8	<u>Snatch Pull</u> 4x2x85% <u>Hang Snatch</u> 2x2x85% 2x2x87% <u>DB Jerk</u> 2x3x85% 2x3x87%

What
Shot Put's
Should I
Use?

And
When
Should I
Use
Them?



MODELING CHARACTERISTICS FOR WOMEN
SHOT PUT THROW

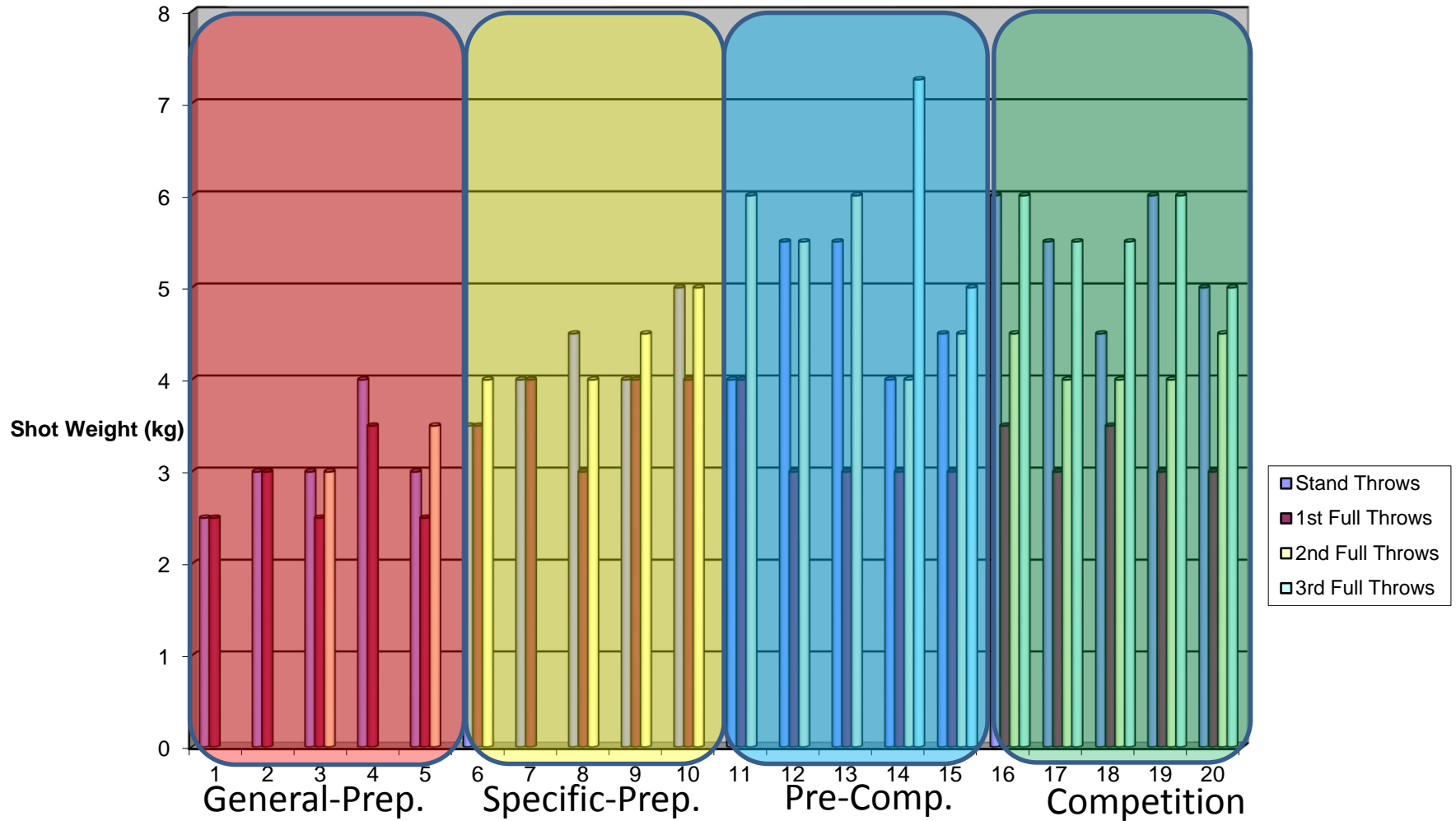
Exercises	The results for of sportsmen of various sport grading						
	13-14 m	14-15 m	15-16 m	16-17 m	17-18 m	18-19 m	19-20 m
Shot put 3 kg	14.5-15.5	15.5-16.5	16.5-17.5	17.5-18.5	18.5-19.5	19.5-20.5	20.5-21.5
Shot put 3.5 kg	14-15	15-16	16-17	17-18	18-19	19-20	20-21
Shot put 5 kg	11.5-12.5	12.5-13.5	13.5-14.5	14.5-15.5	15.5-16.5	16.5-17.5	17.5-18.5
Shot put 6 kg	10-11	11-12	12-13	13-14	14-15	15-16	16-17
Shot put 7.260 kg				9-10	10-11	11-12	12-13
Snatch	50	60	65	70	80	85	90
Clean	65	70	75	80	90	100	110
Half squat	110	120	130	140	150	160	170
Bench press	80	90	105	120	130	140	150
Long jump	230	240	240	250	250	260	260
Triple jump	720	740	760	780	800	810	820
Up-jump	70	75	80	85	85	85	85
Shot put forwards	13	14	15	16	17	18	19
Shot put backwards	15	16	17	18	19	20	21



The results of the correlation analysis in shot put women between different kinds exercises

Exercises	Result, correlation coefficient:						
	13— 14 M	14— 15 M	15— 16 M	16— 17 M	17— 18 M	18— 19 M	19— 20 M
Shot put 3 kg	0.765	0.745	0.645	0.687	0.654	0.624	0.567
Shot put 3.5 kg	0.778	0.742	0.742	0.789	0.738	0.738	0.788
Shot put 5 kg	0.654	0.765	0.704	0.789	0.845	0.782	0.765
Shot put 6 kg	0.554	0.589	0.524	0.524	0.627	0.785	0.806
Shot put 7.260 kg	—	—	—	0.665	0.765	0.675	0.706
Shot put 3.5 (st)	0.865	0.804	0.842	0.708	0.658	0.742	0.697
Shot put 6 kg (st)	0.487	0.567	0.506	0.765	0.724	0.708	0.745
Snatch	0.556	0.387	0.394	0.345	-0.287	0.245	0.245
Clean	0.425	0.367	0.302	-0.265	0.214	-0.198	0.197
Squat	0.605	0.567	0.424	0.455	0.396	-0.345	0.226
Bench press	0.547	0.654	0.567	0.508	0.456	0.367	0.356
Long jump	0.456	0.421	0.366	-0.307	-0.293	-0.245	0.224
Triple jump	0.425	0.365	0.305	0.276	0.224	-0.198	0.241
Up jump	0.514	0.467	0.424	0.356	0.267	0.212	0.224
Shot put forwards	-0.396	0.324	0.278	0.250	0.221	-0.187	0.226
Shot put backwards	0.422	0.456	0.387	-0.324	0.226	0.235	0.229
30 m b/s	0.498	0.425	0.376	-0.309	0.256	0.187	0.167

Woman SHOT PUT Annual Progression



Questions?

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