

Glide Shot Put Teaching Progression

Scott Cappos

University of Nebraska

scappos@huskers.com

<http://digitaltrackandfield.com/>



Glide Variations

Technical point	Long-short	Short-long
Left arm placement during then glide	Must be pointed in the opposite direction of the throw	Left can be allowed to open, as long as the shot stays back
Path of the shot	Varies from rotational to straight line	Straight as possible
Right leg positioning	Right leg must be “sucked” under the body at the power position	Right leg position variable as long as the shot is behind it at right leg touchdown, usually wider than the shoulders
Right foot positioning	Right foot must be turned 90 degrees at the power position	Right foot positioning is variable, between 100-140 degrees at the power position
Right foot and leg action in the power position	Turn then lift	Lift then turn
Rhythm in the power position	Simultaneous landing of the feet in the power position	Right then left foot touchdown in the power position

Basic Technique

- Start (3 variations)
 - Basic/Static
 - Advanced
 - World Class

Basic Technique

- Across the Ring
 - unseat
 - left leg
 - right leg
 - left arm
 - shot path

glide drill progression

- a. **unseat drill**
- b. unseat with left leg extension
- c. **b+step to power position**
- d. b+ drive to power position
- e. **straight leg glides**

glide throwing progression

- Straight leg glides- no reverse
- Straight leg glides- reverse
- Feet together glide- no reverse
- Feet together glide- reverse
- Mini-glide- no reverse
- Mini-glide- reverse
- Double glide- no reverse
- Double glide- reverse

Technique Keys

- Timing of unseating and left leg
- left arm placement at power position
- right foot placement and action
- right side lift/turn
- left side block
- reverse

Sample High School Girls

- **Early Season High School Girls**
- Strength Method x10 stand throw (10 pound) x5 mini-glides (10 pound) x5 full throw -no reverse (4 kilo) x5 full throw -reverse (8 pound)

Sample High School Girls

- **Mid Season High School Girls**
- Balanced Method x5 stand throw (10 pound) x10 double glides (10 pound) x5 full throw -no reverse (4 kilo) x5 full throw -reverse (8 pound)

Sample High School Girls

- **Late Season High School Girls**
- Speed Method x5 stand throw (10 pound) x3 double glides (4 kilo) x3 full throw -no reverse (4 kilo) x6 full throw -reverse (8 pound)

Sample High School Boys

- **Early Season High School Boys**
- Strength Method x10 stand throw (14 pound) x5 mini-glides (14 pound) x5 full throw -no reverse (14 pound) x5 full throw -reverse (12 pound)

Sample High School Boys

- **Mid Season High School Boys**
- Balanced Method x5 stand throw (14 pound) x5 double glides (14 pound) x5 full throw -no reverse (12 pound) x10 full throw -reverse (10 pound)

Sample High School Boys

- **Late Season High School Boys**
- Speed Method x6 stand throw (14 pound) x3 double glides (14 pound) 4x4 full throw -reverse
 - (14-12-10-12 pound)

Special Training

- Medicine Ball
- Barbell
- Heavy Stuff

Questions?

