



Trouble Shooting the Spin Shotput Technique

By

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Converted Glider's Women

**Stamatia Scarvelis Glide PR 53ft 8 1/4in,
Spin PR 52ft 3 3/4 in Date Converted January 2015**



**Ashlie Blake Glide PR 53ft 10 1/4in
Spin PR 51ft Date Converted June 2015**



Converted Glider's Men

**Dotun Ogundeji Glide PR 12lbs 65ft 5 ½ in
Spin PR 16lbs 62ft 2 ¼ in. Date Converted August 2014**



**Kai Wong Glide PR 54ft 8in
Spin PR (No mark) Date Converted September 2015**



Stamatia: Throwing after 1 Week



Ashlie Blake: First spin workout



Dotun Ogundeji: Month 4 of training



Kai Wong: 2nd month of training



Double Pivot Drill

**Starting Points:
Good Hips**



Good Center of Gravity



Double Pivot Stand Throw

Focus on “Pivot Lift” and keeping **body weight back** on right side



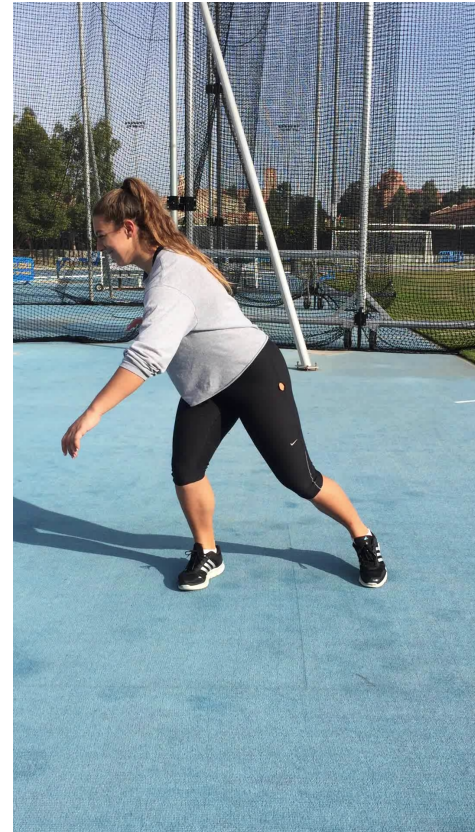
Step-over Stand throws

Areas of Focus:

Looking back long



Up and Out (legs and arm strike)



Jump drill

Stand Throw Progression



Stand Throw Progression

Half Stand Jump Dill

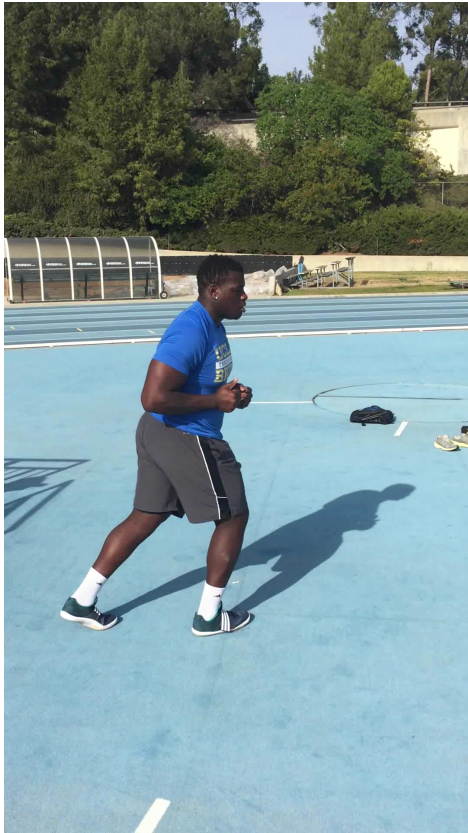


Full Stand Throw

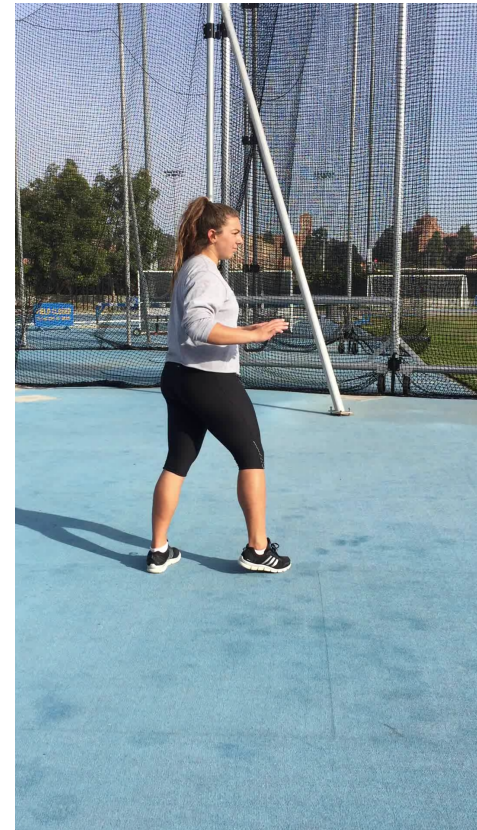


Half Turn Punch Drill

Things to look for: **Timing of the punch and getting the left leg down**



Staying back and balanced

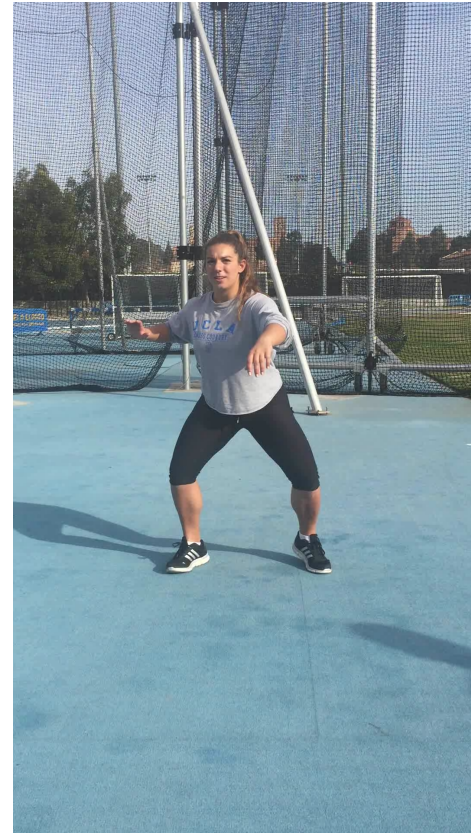


360 Drill

Upper body locked in



Weight balanced over left side



Repeat Half Circles

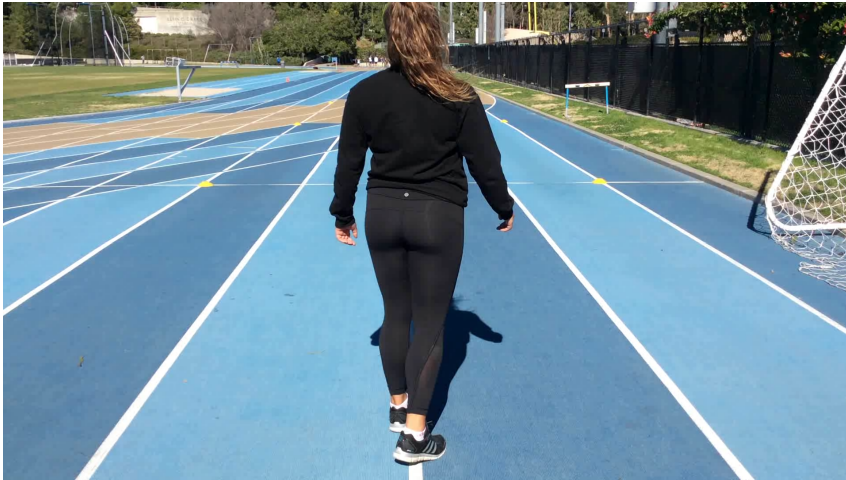
Focus on:

Consistency in each movement

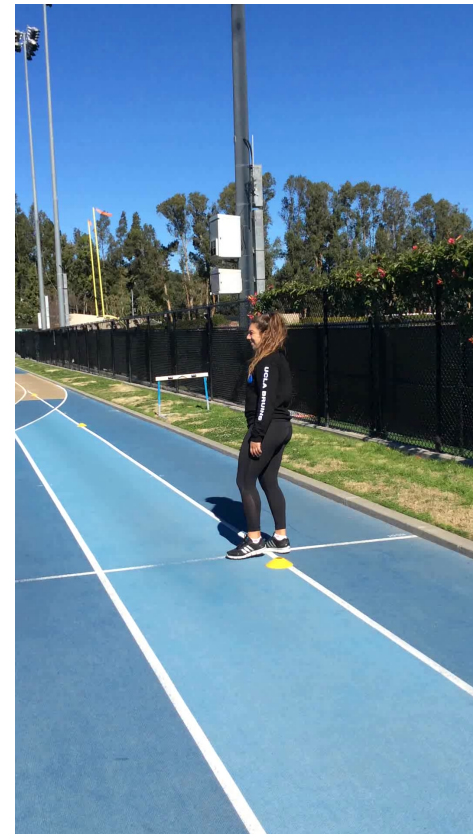


Ballerina Drill

Back View: Notice that **legs** control the body



Side View: Notice **short step** and **active right foot**



Wall kicks

(Squeeze knees or kick the heel)



Back of the Ring Drill

Loading of the left leg

Total set up over the left leg



Starting Position (Active Start)



Starting Position (Static Start)



Step in drill



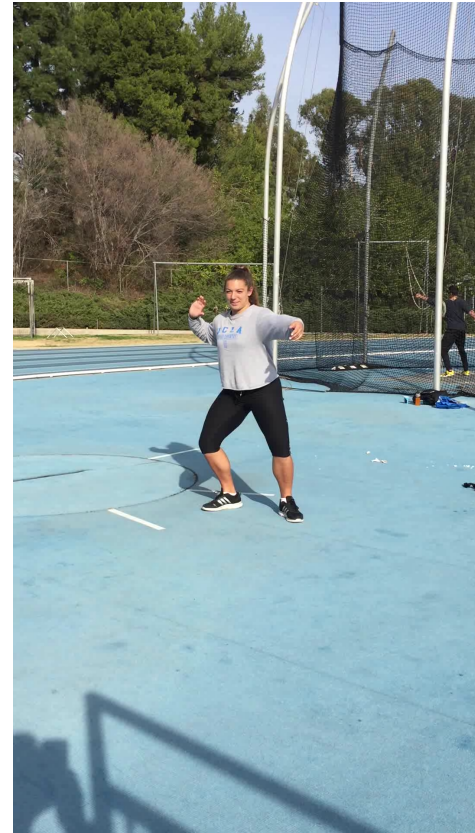
Repeat South Africans

Things to look for:

Movement Flow



Lower body in control



Determining Focal Points

“Scarvelis Drill”

Focus on Catching transitional points of the throw



Break down the throw to help with understanding of body movement



3 Point Spin

Focus on:
Set up from the back of the ring



Visualization and leg flow through the middle of the ring



Stamatia Full Throw



Ashlie Full Throw



Dotun Full Throw



Kai Full Throw

