GLIDE SHOT PUT DRILLS AND THROWING PROGRESSIONS

BY JOHN SMITH
SOUTHERN ILLINOIS UNIVERSITY
Drill #1 Non-Reverse Standing Throw Followed By a Reverse Standing Throw

1.) Feet are placed shoulder width with the left toe splitting the middle of the right foot.

2.) Thrower transfers 80% of bodyweight onto the ball of the right foot, with the torso rigid and hips under the thrower. Right toe should be pointing towards the 11.00 o’clock position in the ring with the back of the ring being 12.00 o’clock. (Show a big right leg)

3.) Shot put should be about 1 foot behind the throwers right foot if the shot was dropped in the power position. Eyes are level in this position and not looking at the ground. (Do not bend at the waist this is a weak position)

4.) Thrower starts to **LIFT and TURN** the ball of the right foot, knee, hip while the left leg stays fairly stiff and slightly turns in the direction of the throw.

5.) As the body starts to lift and rotate towards the field the putting action starts to take place. The left arm leads upward, long and around as the shot is pushed forward off the neck with the fingers pointing towards the throwers face and the elbow behind the throw.

6.) The ball is struck with full upward extension of the legs, while the left side is stopped and blocked as the right side finishes the throw. (A good non-reverse standing throw is one when the thrower delivers the shot and watches the shot hit the ground)

7.) The reversed throw is the same as the non-reversed throw except the right leg will replace the left leg at the front on the ring at the end of the throw.
Drill #2 Non-Reverse Pull-Unders Followed by a Reverse Pull-Under

1.) The right foot starts in the back of the ring (12.00 o’clock position) while the left heal is reached back as far as possible towards the direction of the throw. (Split position)

2.) Upper body is facing the back of the circle until the leg is pulled to the standing throw position.

3.) When the right foot arrives to the middle of the circle at the 11.00 o’clock position it quickly lifts and turns into a non-reverse throw as the left arm leads towards the field during this lifting and turning action of the right side.

4.) This drill teaches a thrower how to pull the right foot to the correct spot and trains the right leg to lift and turn into the throw with little hesitation.

5.) The reversed pull-under is the same as the non-reversed pull-under throw except the right leg will replace the left leg at the front on the ring at the end of the throw.
Drill #3 Non-Reverse Straight Leg Glide
Followed by a Reversed Straight Leg Glide

1.) Thrower starts in the back of the ring in normal starting position (right foot at 12.00 o’clock position) shoulders square to the back of the ring.
2.) Thrower will bend and use **ONLY THE RIGHT LEG** while the left leg stays perfectly straight 6-8 inches above the ground during the glide.
3.) When the thrower arrives into the power position the throw is made just like a normal throw without any aid of movement from the left leg.
4.) This drill trains the right foot, right hip, right shoulder to move in proper order as the left side learns to open long and smooth into a solid left side block.
5.) Thrower should watch the shot hit the ground as the right leg stays in contact with the middle of the ring. This will develop a proper left side block. *(This is the No#1 drill to teach gliding, takes care of 90% of all problems)*
6.) The reversed straight leg glide is the same as the non- reversed straight leg glide except the right leg will replace the left leg at the front on the ring at the end of the throw.
Drill #4 Double Hop Throw

1.) Find at least 12 feet of space to do this drill.
2.) Thrower starts in the normal starting position and performs a normal glide without throwing the shot and the left leg still in the air about 6 inches above the ground.
3.) The thrower should land on the right leg after the first hop and then immediately glide into a full throw. (If the weight is not over the right leg, the thrower will not be able to glide into the next throw.)
4.) This drill teaches good right to left rhythm and proper transfer of weight into the finish of the throw and teaches the thrower to keep the shot back in the middle of the ring while gliding.
5.) This drill also develops plyometric leg strength for the glide.
6.) **This is the no#2 drill in Glide Shot Putting.** It can be done from a non-reverse throw or a reverse throw. This drill develops good fluidness of the movement.
Drill #5 Blending into a Full Competition Throw

1.) Straight leg non-reverse throw followed by a Full reversed throw. (I like these throws to be reversed throwing over a folding table as your toe board)

OR

2.) A Non-Reverse Full throw followed by a Full reversed throw over a table or in the ring.
3.) This drill can be performed from a static start or a dynamic start throw. (Starting from a stand still or starting from a walk in dynamic start throw.)
4.) Reversing is the result of good mechanics. Reversing is a method of staying in. Non-Reversing is also a method of staying in the ring. Each thrower has to find what is best for them.
# Example - High School Glide Practice

<table>
<thead>
<tr>
<th>Drill</th>
<th>Throw#1</th>
<th>Throw#2</th>
<th>Throw#3</th>
<th>Throw#4</th>
<th>Throw#5</th>
<th>Throw#6</th>
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</thead>
<tbody>
<tr>
<td>#1 - Non-Reverse Standing throw followed by a Reversed</td>
<td>Girls- 10lb Boys-14lb</td>
<td>Girls- 4k Boys-12lb</td>
<td>Girls- 8lb Boys-5k</td>
<td>Girls- 3k Boys-10lb</td>
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<tr>
<td>standing throw.</td>
<td>2 <strong>ROUNDS</strong></td>
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<td>#2 - Non-Reverse Pull-unders followed by a reversed pull-</td>
<td>Girls- 10lb Boys-14lb</td>
<td>Girls- 4k Boys-12lb</td>
<td>Girls- 8lb Boys-5k</td>
<td>Girls- 3k Boys-10lb</td>
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<td>under.</td>
<td>1 <strong>ROUNDS</strong></td>
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<td>#3 - Non Reverse Straight Leg Glides followed by a</td>
<td>Girls- 10lb Boys-14lb</td>
<td>Girls- 4k Boys-12lb</td>
<td>Girls- 8lb Boys-5k</td>
<td>Girls- 3k Boys-10lb</td>
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<td>reversed straight leg glide.</td>
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<td>#4 - Double Hop Throw</td>
<td>Girls- 10lb Boys-14lb</td>
<td>Girls- 4k Boys-12lb</td>
<td>Girls- 8lb Boys-5k</td>
<td>Girls- 3k Boys-10lb</td>
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<td>#5 – Blending into a Full Competition Throw</td>
<td>Girls- 4k Boys-12lb</td>
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Important Mental Concepts of the Glide Technique

1.) The throw is thrown from the back of the ring in one fluid motion. **The ball must be moving at all times and should not stop in the middle.** Do not teach glide to the middle then stop. The Glide is not a two part technique it’s a long flowing movement. Double hop throws teach this flow.)

2.) World Class Gliding is 115% of best standing throw. Good High School Gliding is anything over 110% of best standing throw.

3.) Good Gliding is similar to throwing a baseball from center field. When the left leg makes solid ground contact the left arm is open while the ball is locked back over the right leg. **This is staying back, not the left arm being back when the left foot makes solid ground contact.** Their has to be a smooth right to left transfer of power and keeping the left arm back will make the ball come to a stop, which creates 1-3 feet on standing throw.

4.) Right foot placement should not be Pre-Rotated. Right toe should be pointing about 11.00 o’clock in the ring if the back of the ring is 12.00 o’clock. **Pre-rotating the right foot spoils the work you can do with the right side.**

5.) These four points go against the USA way of teaching the Glide Shot Put. I used to teach the stay back with the left side and Pre-rotated foot way of throwing and achieved 1-3 feet on Standing Throw.

6.) I made this change and seen an Increase in standing throw to full throw differential in a matter of days. I seen Connie Price-Smith go from 56-60 feet in a matter of 3 weeks when this change was made. This technical point has created better distance with every glider I have tried it with.
Training Tactics for the Glide Shot

1.) Throw into a net or wall. This makes the throwing focus on technique and forces the athlete to throw upward which creates proper leg action.

2.) Throw over something. I have used sheds, ticket booths, goalposts, table with boxes stack up, portable stands, hills, fences ect. Again this changes the focus of what the athlete is trying to do.

3.) A 8 foot folding table with a 7 foot line is a great way to teach a thrower how to stay in without a toe board.

4.) Have a shot putter glide along a long gym wall with his throwing side facing away from the wall. This is a good way to teach a good block.

5.) If a thrower has a problem pushing a shot, sit them in a chair and have them lay back and throw.

6.) Glide with a broomstick on the throwers back with a shoulder width grip. When the thrower arrives into a power position turn up into a overhead press. This teaches proper feeling of mechanics.
Glide Shot Putters Athletic Ability

1.) It takes 9 horsepower to throw a 16lb shot 70 feet. This is more then any discipline in any sport. The next highest output is 5.5 horsepower for a Olympic Weightlifter Snatching over 200k.

2.) It is commonplace for World class male shot putters to run between 4.4 and 4.9 40 yard dash, Standing Long Jump between 10.6 to 12.00 and have vertical jumping ability between 32-40 inches weighing between 260lbs-350lbs.

3.) World class women can run between 4.7-5.2 40 yard dash, Standing Long Jump between 9.6-11 feet, and have Vertical Jumping ability between 28-36 inches. Connie Price-Smith could run a 4.73 40 yard dash, Standing Long Jump 10.1, and had a 32 inch Vertical Jump. Connie could high jump 5.11 with a straddle and Astrid Kumbernuss was known to have High Jump 6.4 at 6.0 200lbs. The women weigh between 185-300lbs at the world class level.

4.) World Class Male Shot Putters Strength Levels sit somewhere between 180k-230k for the clean, 130k-180k for the snatch, 300k-400k for a deep back squat, and 220k-320k for the bench press.

5.) World class Female Shot Putters Strength Levels sit somewhere between 125k-160k for the clean, 90k-130k for the snatch, 200k-300k for the squat, and 135k-200k for the Bench. Connie’s Strength Levels were 130k x 3 Hang clean, 95K Hang Snatch, 220k back squat, 150k Bench Press and a 230k dead lift at 6.3 212lbs.

6.) World Class shot putters are born with a great arm much like a the skinny baseball pitcher that can throw a 95mph fastball. Many big strong people cannot throw the shot. Many times a weak kid in the weight room can make the shot go because they have a great arm.