ROTATIONAL SHOT DRILLS AND THROWING PROGRESSIONS

BY JOHN SMITH
SOUTHERN ILLINOIS UNIVERSITY
Drill #1 Non-Reverse Standing Throw Followed by a Reversed 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.) The thrower starts to LIFT and TURN on 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 Non-Reverse Standing throw the right leg stays down in the middle of the ring. The Reverse standing throw that follows the Non-Reverse is the same movements except the right leg will replace the left leg at the front of the ring.
Drill #2 Non-Reverse ½ Turn or Triple ½ Turn Followed by a Reversed ½ Turn

1.) Starting with the **right foot in the middle** with the right toe facing towards the left sector line and the left foot starting in the spot the full throw will be taken from.

2.) The right foot will turn as the left pushes off slightly and is driven in a straight line to the power position in the front of the ring.(4 o’clock position)

3.) In the rotational shot unlike the discus the left leg does not have to get to the front quickly. It can drop in later creating time for the shot putter to get vertical while the throw is being finished.

4.) The throwers head will stay in the center of the ½ turn throw while the thrower turns around the shot and the bodyweight is kept over the right leg.

5.) When left foot contact is made, the right foot, knee, hip and shoulder will **LIFT AND TURN** while the elbow and hand with fingers pointing towards the face will deliver the shot through the right side of the ring as the left side blocks allowing the shoulders to square up to the field.

6.) The thrower will watch the shot hit the ground on the Non-Reversed Throws.

7.) The Non-Reverse ½ turn throw the right leg stays down in the middle of the ring. The Reverse ½ turn throw that follows the Non-Reverse is the same movements except the right leg will replace the left leg at the front of the ring.
Drill #3 Non-Reverse Giant Step Followed by a Reversed Giant Step

1.) This drill is designed to link the back ½ of the throw to the front ½ of the throw. Many throwers can do a good stand or ½ turn but cannot make a proper move out of the back to get into the ½ position.

2.) While taking a straddle position in the back of the ring, the thrower pushes 80% of the bodyweight onto the left foot, knee, and hip. (Everything moves straight left)

3.) Right leg pushes off to start a wide leg turn. Left foot and right leg turns in unison until the right foot reaches the 10-11.00 o’clock position. (Right leg is 6-10 inches above and outside the ring)

4.) The right leg then drives to the middle of the ring (with the inside of the right knee) into the ½ turn position as the movement comes to a stop. The right foot is now in the middle with head up and the right leg well ahead of the upper body in the ½ turn position.

5.) After stopping in the middle in the ½ turn position, a normal non-reverse ½ turn throw is performed.

6.) The Non-Reverse Giant step throw the right leg stays down in the middle of the ring. The Reverse Giant Step throw that follows the Non-Reverse is the same movements except the right leg will replace the left leg at the front of the ring
Drill #4 Walking Throw Followed by a Reversed Walking Throw

1.) This drill is designed to coordinate the proper sequence of events at a slow motion speed so the thrower can feel all the actions that are happening in a full throw. (Slow motion full throw)

2.) The cues are **Turn**, (right leg to 10 o’clock position) **Step**, (drive inside of right knee pass the left leg to ½ turn position) **Turn**, (strong ½ turn to the front) **Throw** (finish with a good left side block) in that order. This drill also teaches the Shot Putter to drive across the ring in a straight line at a speed they can handle.

3.) This drill trains the legs to work the ring to place the body in a good position to finish the throw.

4.) The Non-Reverse Walking Throw the right leg stays down in the middle of the ring. The Reverse Walking Throw that follows the Non-Reverse is the same movements except the right leg will replace the left leg at the front of the ring.
Drill #5 Touch and Go South African

1.) This drill is design to teach a full speed, full motion linear drive out of the back of the ring.

2.) The thrower turns the right leg to the 10-11 o’clock position then quickly touches and pushes forward off the ground with the right foot towards the direction of the throw. (The foot grounds just long enough to change directions.)

3.) This drill will develop the very important right leg lead into the middle of the ring. The body will also learn how to change directions and drive from the position they will actually be throwing from out of the back of the ring.

4.) Once the touch is made out of the back, this drill is very similar to a South African throw. I do not like the South African Drill by itself because throwers become to attached to the drill and do not learn how to throw the right leg forward out of he back rather then just pushing off the back with the right leg.

5.) This drill is also a good blending drill with a full throw or full non-reverse throw.
Drill #6 Blending into a Full Competition Throw

4 types of Blending that I have found to work

1.) Non-Reverse Giant Step followed by a Full throw.

2.) Non-Reverse Touch and Go followed by a Full throw.

3.) Non-Reverse Full Throw followed by a Full Reversed Throw.

4.) Double Turn Throw followed by Full Reversed Throw.
Drill #7 Double Turn Throw

1.) This drill is done to teach balance and rhythm in the front of the ring and also trains good right side action into the release. (Take off and land, take off and land and throw.)

2.) Turning into a second full move forces the legs to work into a finishing position. Moving into a second turn is very similar to the action the legs will follow when a proper release is being made.

3.) This drill works well at the end of a practice and used as a blending drill. It trains the legs not to lock up and finish smoothly towards the field.
# Example-High School Rotational Shot Practice

<table>
<thead>
<tr>
<th>DRILL</th>
<th>Throw#1</th>
<th>Throw#2</th>
<th>Throw#3</th>
<th>Throw#4</th>
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</thead>
<tbody>
<tr>
<td>Non-Reverse Standing Followed by a Reversed Standing Throw (6 throws)</td>
<td>Boys-14lb</td>
<td>Boys-12lb</td>
<td>Boys-5k</td>
<td>Boys-10lb</td>
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<tr>
<td></td>
<td>Girls-10lb</td>
<td>Girls-4k</td>
<td>Girls-8lb</td>
<td>Girls-3k</td>
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<td>Non-Reverse ½ turn or triple turn Followed by a Reversed ½ turn (6 throws)</td>
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<td></td>
</tr>
<tr>
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<td>Girls-8lb</td>
<td>Girls-3k</td>
<td></td>
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<tr>
<td>2.) Non-Reverse Touch and Go followed by a Full throw.</td>
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<td>4.) Double Turn Throw followed by Full Reversed Throw (6-12 throws)</td>
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Important Mental Concepts for the Rotational Shot Put

1.) The rotational shot throw has shown the ability to put 10-15 feet on standing throw which is much greater than the amount that can be achieved with the Glide Shot technique. However, the rotational shot put technique is much more difficult to perfect and tends to break down more quickly in a high pressure situation.

2.) The rotational shot throw is a rotational event but the coach should stress that the event is a ¼ turn and a sprint. (Think and talk Linear)

3.) Right leg decides the direction of the throw. If the right leg is thrown towards the field, the body will follow. (Right leg must win the race to the center of the ring)

4.) Left leg drive off the back decides the speed across the ring. (Get off the Back Quickly)

5.) Right leg must work the ring when contact is made in the middle of the ring. (Working the middle will account for about 90-92% of the throw)

6.) The move out of the back should be controlled and smooth. The thrower must be aware not to overrun the ring. This becomes even more important for a man over 6.4.

7.) The rotational shot requires more lifting from the right side than the discus. The left leg dropping in later will aid in the lifting effect of the finish.

8.) Stand and Deliver. Many great moves across the ring end in a poor throw because a thrower rips his head away from the throw and falls to the side. Reversing the finish in the rotational shot is something about 95% of all throwers use to allow the forces of the finish to be channeled back inside the ring.

9.) The biggest difference between the discus and the rotational shot is that all positions and movements happen so much quicker and there is a strong vertical component to the throw that you don’t have in the discus. Also the implement path is much closer to a straight line than the rotational path of the discus.

10.) A good way to know if an athlete is a rotational shot putter or a Glide shot putter is to simply train both techniques. In weeks the technique will choose the athlete.
Training Tactics for the Rotational Shot Put

1.) A folding table on its side blocking the left side of the ring will teach a thrower to drive linear out of the back of the ring.

2.) Throwers must trust their feet when they throw. A non-throwing full move before a throw is excellent way to set up a throw. Many throwers want to watch their feet which causes a variety of technical problems.

3.) Throwers tend to change their technique when it comes time to throw in a meet. This is the fear of fouling. A table at the front of the ring will make the thrower comfortable at the front of the ring.

4.) 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.

5.) 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.

6.) 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.

7.) If a thrower has a problem pushing a shot, sit them in a chair and have them lay back and throw.
Rotational Shot Putters Athletic Ability

1.) World Class Rotational Shot Putters tend to come in all shapes and sizes. A rotational shot putter is any putter that can put more standing throw to full throw differential than the glide technique.

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

3.) 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.

4.) 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.

5.) 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.

6.) World Class shot putters are born with a great arm much like a 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.