TECHNICAL MODELS & PROGRESSIONS FOR THE GLIDE SHOT PUT

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WHEN IS THE GLIDE A VIABLE OPTION?

• Athletes that rely heavily on strength levels as opposed to other athletic domains, *e.g.* speed.

• Athletes that have a limited time to train the throws, *e.g.* *multi*-sport athletes.

• Larger athletes (*i.e.*, *athletes with long levers*) that lack the agility and body awareness to successfully execute the spin.

• *Females* generally have more success with the glide technique.
THE GRIP: THE GOOD

• The ball should “sit” on the pads of the fingers.

• The fingers should remain behind the ball- \textit{not} supporting from below.

• The middle, ring, and index fingers act as a “springboard” at release.

• The thumb acts only as a guide on the side of the ball but should not be gripping or providing support from underneath.
THE GRIP: THE BAD
NECK PLACEMENT

• The ball should be placed on the neck “from below”.

• Newer throwers will likely need to use two hands to properly place the ball.

• The athlete creates tension by pressing the shot put into then neck and raising the elbow until it is parallel to the ground.
  • Train this by having the athletes press into the neck without the shot put in-hand.

• Gliders tend to place the ball lower on the neck than do spinners due to their linear style of acceleration.
IDEAL NECK PLACEMENT: GLIDE
ALIGNMENT IN BACK OF THE RING

Flat right foot centered at the back of the ring.

- *Beginners shouldn’t worry about rocking to the toe at the start of the throw.*

Tip of the foot should be in contact with the lip of the ring.

- *This is not a foul and maximizes potential distance.*

All the weight is over the right leg, the athlete must maintain posture & stability, i.e., bend at hip only.

- *Keep a slight bend in right leg, should be able to tap the left toe here.*
ALIGNMENT IN BACK OF THE RING (CONT.)

• Left arm is long and relaxed.

• The ball is hanging over the outside of the ring.

• Able to raise left leg high (to parallel with the ground and above) to achieve balance with a horizontal mid-line, i.e., making the hips & shoulders level.

• Gaze is at the ground.
INITIATING THE THROW
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Athlete transitions from long, extended levers to a state of contraction.

- Achieved by retracting the left leg into the body and bending down on the right leg.

The athlete “balls-up”.

- In this state, the athlete should feel powerful and full of potential energy.
INITIATING THE THROW (CONT.)

a. Linear drive backwards is initiated by “unseating” the hips.
   - *Hips slightly “free-fall” backwards to initiate the glide.*

b. Both legs extend at the same time.
   - *Right Leg:* Long extension driving flat foot all the way through the heel.
   - *Left Leg:* Extends horizontally towards toe-board.

c. At all times, the athlete must remain loaded over the right leg.
   - Even though the athlete is now traveling backwards towards the toe board, the athlete must keep weight back. Angle of upper body remains unchanged.
THE MIDDLE OF THE RING
The right foot actively moves to land on the toe after it has driven through the heel.

- *The right foot actively transfers from heel to toe and lands just before the left.*

- *Right foot should land under the athlete, i.e., the right knee and toe should be slightly ahead of the ball in alignment.*

- While the left foot is still in the air, the athlete continues to “hang back” over the right leg with the shoulders, hips, and long left arm still facing the rear of the ring.
“Single Support Phase”, i.e., only the right foot is in contact with the ground.
The left foot makes contact shortly after the right.

As the left side is coming down, it transitions from traveling horizontally into establishing a firm post:

- Left foot rolls down to the heel.
- Left knee braces.
- Left arm and left hip begin to open and “clear the path” for the right side.

This action is known as **blocking**.

- It is crucial that gliders are proficient in this phase.
“Double Support Phase” - both feet in contact with the ground.
THE DELIVERY
The delivery

At the front of the ring, the left side is posting while the right side is rotating and accelerating around this post.

- The left-side post and right-side rotation is done as simultaneously as possible. Any wasted movement is a loss of force on the implement.

- Starting with the hip, the right side rotates into the throw in a specific firing order: hip, knee, toe, shoulder, ball.

Note: To add height to the throw, the right hip should also be driving up and over this post created by the left side.

- It is crucial that the athlete allows the hips and lower body to be the main force throwing the implement. Leading with the head and/or upper body feels powerful but is weak in comparison.
The right side lifts and rotates up and around the post, respectively, to achieve a stretch-reflex action with the shoulder, i.e., separation.

- If the right hip is a door in the middle of the ring, we seek to “close the door” to the front of the ring.

Once the right side has fully rotated to the front of the ring, it becomes airborne. The right side action is complete.

- At this time, the reverse occurs. Meaning the right and left feet switch places.

The reverse is a “follow-through” to a successful throw. It allows for opening the chest, fully “expressing” the hips, and maximum force application to the implement.
QUESTIONS, COMMENTS, CONCERNS

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