

Shot Put & Discus

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Girls and Boys Throwing

Outline

- Philosophy
- Technique
- Drill work
- Workouts
- Questions

Philosophy

- Sell your program

- Make sure kids know who you are
- Go to other sporting events
- Encourage multi-sport athletes
- Be personable, make it fun
- Work with schedules

- Practice

- Scheduling is key
- Always include weights, cardio, and throwing
- Keep practice competitive

Philosophy

- Athletes

- Know your athletes
- How are they motivated?
- How do they respond to pressure?
- Treat them like athletes not girls and boys

Shot Put Technique

- **Hand placement-** the shot should be held at the base of the fingers. Do not have it sitting in the palm of the hand, there should be a small space between the palm and shot.
- **Form-** The shot should be pressed right under the top of the jaw on the neck. Elbow should be up, the thumb down.
- **Release-** Elbow up, thumb down. Do not let the elbow drop, causing the thrower to release the shot like a baseball.

Press Technique

- Press- Make sure the front leg is slightly behind. The dominant leg will step towards the middle and the thrower transfers their weight to the leg stepping to the middle. Hips and shoulders should turn towards the back of the ring.
- *Work from the ground up. Pivot the foot in the middle as you push off the leg in the middle, rotating the hips, and shifting the weight from the middle to the front of the ring to the front foot, then shoulders, then release the arm to throw. By the end of the throw, the arm should end high, **chin up, chest up**. The thrower should have a slight curve in their back.

Common Mistakes in the Press:

- Sinking the hips back when they release
- Throwing arm not finishing high
- Not getting their hips and shoulders back on the load
- Throwing all arm, upper body comes around faster than the hips
- Dropping the elbow (it will hurt when they do it)

Gliding

- Thrower starts on the dominant leg and kicks with the opposite leg while simultaneously jumps backwards across the ring with the dominant leg.
- Both feet should land at the same time. When they land, they should be in their press position and throw with 95% of the weight on the dominant leg.
- As the thrower gets better at the technique, eliminate the amount of time between the landing and the throw.

Michelle Carter (Glider)- Olympic Gold Ryan Crouser (Rotational)- Olympic Gold



Shot Videos

Med Ball Hip Drill



Half Spin Arm Catch



South African Drill



Paused Full Spin



Full Spin



Area Meet 2018



Questions??

Discus

- Holding the discus
 - Place discus in throwing hand and let it sit in the first knuckle of the fingers
 - Spread fingers out slightly around the discus
- Release
 - Palm down, the discus should come off the index finger and have a clockwise spin for
 - A right handed thrower and counterclockwise for a left handed thrower.
 - Rolling drills are used to practice the spin and release of the discus
- Arm Swing
 - The arm should be up and back. When the thrower begins the throw from the press position, the arm will stay slightly behind the core of the body until the hips are fully around and pointed down the center of the field.

Power Position/ Press

- Make sure the front leg is slightly behind. I line their heel up with the sector
- The dominant leg will step towards the middle and the thrower transfers their weight to the leg stepping to the middle. Hips and shoulders should turn towards the back of the ring. The arm is up and back.
- *Work from the ground up. Pivot the foot in the middle as you push off the leg in the middle, rotating the hips, and shifting the weight from the middle to the front of the ring to the front foot, then shoulders, then release the arm to throw. By the end of the throw, the arm should end high, chin up, chest up.

Common Mistakes

- Palm up on the release
- Upper body is ahead of lower body when turning
- Placement of the discus
- Not getting full extension of the arm

Sandra Perkovic- Two time Olympic Gold



Press



Half Spin



South African Arm Catch



South African Drill



Paused Full Spin



Full Spin



Workouts

Lifting:

Powerclean (hangclean)

Squat

Bench

Jerks

Push Press

Front Squat

Cardio:

Bleachers

Crossfit workouts without core lifts *stick with no weight or aux weights

Social Media

Instagram:

Maggie Ewan- NCAA Discus and Shot Champion

Ryan Crouser

Michelle Carter

Sandra Perkovic

@Throwingintheworld

@thethrowerfam

(All can be found on youtube as well)

Questions???