



MODULE 3

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SHOT PUT- INTENSITY



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COACHING POINTS

- Evolution of Technique and Training Methods
- Style Vs. Mechanics
- Technical Changes
- REALITY CHECK (PSD's, LEVEL ATHLETE, PHYSICAL TOOLS, STRENGTH)



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COACHING POINTS

WHAT ARE YOU LOOKING AT?  
Kinetic Chain Drivers (Ground & External)  
What Influences the TCR?  
What Is the right TCR?



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SHOT PUT: GLIDE



- LESS COMPLICATED.
- EASIER TO LEARN... NOT NECESSARILY EASIER TO EXECUTE.
- DOESN'T COMPETE WITH DISCUS RHYTHM
- FASTER DEVELOPS LINEAR AWARENESS

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SHOT PUT: GLIDE



1. SET-UP
2. LOAD & COIL
3. SLIDE (NOT UNSEAT)
4. DRIVE & KICK
5. LOCK DOWN POWER
6. FINISH BIG

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SHOT PUT- GLIDE TCR



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SHOT PUT- GLIDE TCR



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SHOT PUT-GLIDE TCR-PILLAR 1



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THE SET-UP- INTIAL EVENT

- 1. Align CM (Back Foot To SP overhead)
- 2. Scale the Shot/Teeter-Totter
- 3. Create Hip Shoulder Separation
- 4. Reach out of the circle
- 5. Bend at Waist first to load hamstrings and hips not knee first then teeterover and outside the circle.
- 6. Reach Out with Left.
- 7. Create a T (Shoulders parallel w/ Hips & Kick Foot ( More Advanced)



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SHOT PUT-GLIDE TCR-PILLAR 1



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STYLE  
VS.  
MECHANICS



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SHOT PUT-PILLAR 1 SET-UP



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PILLAR 1 DRILLS

- 1. Scale Extension-
- 2. Load Leg Transfer
- 3. T- Extensions
- 4. T-Holds



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SHOT PUT- GLIDE PILLAR 2- SET UP MAX POWER



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LOAD & COIL

- 1. BRING SHOULDERS AND KICK LEG TOGETHER. (DRAW-IN)
- 2. DROP ON TO DRIVE LEG
- 3. FEEL WEIGHT ON BALL OF DRIVE LEG.
- 4. SHOULDERS OUTSIDE THE CIRCLE
- 5. CM ON BALANCE
- 6. UP TO DOWN & GO... OR... JUST GO
- 7. SET-UP HIPS & KICK LEG "SLIDE"



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SHOT PUT- GLIDE PILLAR 2- SET UP MAX POWER



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PILLAR 2 DRILLS

- 1. Right Leg Loads ( from T position or from Pillar 1.
- 2. Right Leg Load Jumps
- 3. Drop & Coil ( hi & low)



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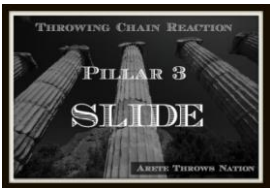
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SHOT PUT- GLIDE –PILLAR 3- KICK LEG SLIDE



- KICK LEG SLIDE**
- 1. STAY COILED
  - 2. DRIVE OFF DRIVE LEG
  - 3. RIGHT /LEFT LEG EXTENSION
  - 4. LEFT GOES TO ABOVE TOE-BOARD
  - 5. KEEP SEPARATION HIPS/SHOULDERS
  - 6. LEFT ARMS STAYS BACK & MOVES UP

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SHOT PUT- GLIDE –PILLAR 3- KICK LEG SLIDE



- PILLAR 3 DRILLS**
- 1. Coil-Left Leg In and Outs.
  - 2. Coil Left Leg Extension with Right Leg jab

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SHOT PUT- GLIDE PILLAR- DRIVE & KICK



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- PILLAR 4- DRIVE & KICK**
1. PUNCH DRIVE LEG & KICK (RAPID 1-2)
  2. STOP LEFT ARM
  3. DOUBLE EXTENTION
  4. KICK LEG GOES OUT, NOT DOWN
  5. KEEP SEPARATION HIPS/SHOULDERS
  6. PULL RIGHT TO 9:30-10:30
  7. RIGHT LANDS FIRST



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SHOT PUT- GLIDE PILLAR- DRIVE & KICK



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- PILLAR 4 DRILLS**
1. Jab Starts
  2. Slide & Extend (hi-starts)
  3. A Frames
  4. Driving A-Frame



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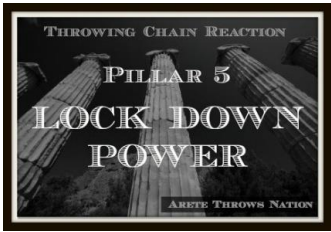
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SHOT PUT- GLIDE PILLAR 5 - LOCK DOWN POWER



POWER POSITION

- 1. RIGHT HAND FISTS
- 2. KEEP CM IN PROPER ALIGNMENT
- 3. HEAD OVER DRIVE KNEE, GLUTE ON TOP OF HEEL
- 4. MAINTAIN SEPARATION
- 5. TRANSFER TO LEFT
- 6. RIGHT HEEL ELEVATES/DRIVE KNEE DOWN AND INTO THROW
- 7. LONG PATH OF LEFT ARM- BENT AND ELBOW
- 8. LEFT OPEN TO 7 O'CLOCK, NEVER 8,9, OR 10

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SHOT PUT- GLIDE PILLAR 5 - LOCK DOWN POWER



PILLAR 5 DRILLS

- 1. PP Elevator Drops/Glide
- 2. Elevator Drop Counters
- 3. Elevator Drive Leg Pivots

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SHOT PUT- GLIDE PILLAR 6 - DELIVER  
FINISH BIG



1. HEAD STAYS BEHIND KNEE
2. MOVE DRIVE HIP PAST BLOCK LEG/HIP
3. SHOULDERS LEVEL TO THE GROUND
4. KNEE-HIP- SHOULDER STACK- NO INVERTED CJ
5. ELBOW UP
6. SLAM BLOCK ARM IN AND STOPS VIOLENTLY AT SIDE
7. BLOCK LEG SLAMS BACK (ACCELERATES HIP ROTATION)
8. NO JUMPING
9. MAINTAIN GROUND CONTACT AS LONG AS POSSIBLE.

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SHOT PUT- GLIDE PILLAR 6 - DELIVER



PILLAR 6 DRILLS

1. PREBLOCKs (MB, SP)
2. MB Stand Throws For Distance
3. Pre Block w/Band- Arcing Left
4. Up & overs

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SHOT PUT- GLIDE PILLAR CONNECTION



PILLAR 6 DRILLS

- 1. Pre-Block- works RLA/Delivery
- 2. Stand Throw- works Separation/RLA/Block
- 3. Glide Wheel -Middle Pivots Up & Over's - Right Hip Rotation
- 4. Glide Pop-up & Go- Axis Trans/Speed/RLA
- 5. Full Glide TCR-RL/LLA/LD/AT/RLA-PP/Del

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Module 3 Homework

- 1. REVIEW anything missed in Modules 1-3.
- 2. Work A Ton of Pillar 1 & 6 Drills
- 3. SEE THE GLIDE THROWING CHAIN REACTION

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