

Shot Put and Discus Training Specific Medicine Ball Throws

Scott Cappos
University of Nebraska
USATF Level 3 Coach

Shot Put Stand Throw Series (Centered/Left/Right)

Seated shot put
Kneeling variations (straight leg, kneel to stand)
Stand and twist variations (together, step)
Heavy punches

Glide Series (Centered/Throw Side with No Reverse)

Walking glide variations
Straight leg glide
Mini glide
Glide lift/turn
Double glide
Box glide
Shuffles to throw

Discus Series (L/R 180-200 Degrees with No Reverse)

Seated discus toss
Kneeling variations (straight leg, kneel to stand)
Stand and twist variations (together, step)

Turning Series (Centered/Throw Side)

½ turn variations
Start, step out, turn to the middle to power position
Start, step out, turn to the middle to ½ turn
Start, turn to the middle to ½ turn
Slow full throw with medicine ball variations
Shuffles to ½ turn to power position
Shuffles to ½ turn
Line drill ½ turn to finish
 Box ¾ turn variations

Event Specific Extras

Forward to vertical variations (shot put)
Forward to rotational variations (discus)

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