Shot Put

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Glide vs. Spin

**Glide**
- Simple technique
- Less variables
- Every level of athlete will improve
- Athletes learn how to strike the implement
- Mentally easier

**Spin**
- You can generate greater kinetic force
- Helps undersized athletes
- Greater margin of era
- Technique is not as crucial
Forces

- Linear Force
- Rotational Force

*The longest Path will create the most momentum

*The Greatest Velocity is created in Double Support
SO????

• You can only reach maximal velocity in Double Support

• Mechanics- The goal is land in the proper power position
Purpose

• The Purpose of the Rotational Technique is not to make the ball go further

• The Purpose of the Rotational Technique is to put the athlete's body in the best position to create maximal velocity in Double Support

• Goal should be to create the longest path possible in double support
The Rotation
Keep it simple STUPID

- Ride the Pony
- Pop over the creek
- Swivel the hips
- Swivel again
- Get both Feet down
- Stand Throw
Before you Start

• Feet shoulder width
• Shoulders parallel to the ground
• Weight in the middle of the body
• Swivel feet
• Shoulders relaxed
The Start (Right Leg Initiates)

- Slower the better
- Square out of the back
- Activate with both feet
- Turn around left leg
- Push Right foot out
- Rotate on ball of left foot
- Use right leg first
The Turn (Ride the Pony)

- Stay over the left leg
- Stretch right leg
- Ride the pony
- Shoulders square
- Relaxed upper body
- Tempo not speed
- Move around the left side
Take Off (Pop over the Creek)

- Right knee to the middle
- Get off your left, but don’t straighten the left leg
- Look down the sector
- Shoulders in the sector
- Square to the middle
- Pre turn right foot
- Relax gravity will take control
Flight (Swivel and Swivel Again)

- Right leg turns the body!
- Don’t pull the head and shoulders
- Upper body hangs back
- Stay low on legs
- Grind right leg
- Bring Knees together
Heel To Toe

- Both feet facing 9 O’clock
- Think left leg straight
The Glide
Starting Position

- Head up
- Left arm back
- Right leg loaded
- Right toe slightly turned inward
- Right foot on midline of ring
- Knee over Toe
Knees Together

- Bring knees together
- Stay loaded on right leg
- Relaxed upper body
Extend

- Drive off right leg
- Straighten left leg
- Pop off right foot
- Upper body relaxed
Flight Phase

- Pull with the right
- Turn right foot
- Relax and wait for the ground
- Try to have feet land at the same time
Turn the Right Foot

- First things first-turn the right foot
- Turn on the ball of the foot
- Stay wrapped
- Don’t pull the head
Stand Throw

- Keep weight on right foot or drop the right knee in
- Continue turning the right foot until you can see the right sector
- Twist upper body and push through ground
The Finish

- Turn torso forward
- Face the area throwing
- Keep head up
- See it come out of your hand
- Extend right leg
- Twist the “corkscrew”
- Body moves vertically while the arm moves horizontally
The Reverse

- Do whatever you can do to stay in the ring
- It helps to lift left knee
- Once the shot leaves your hand you can not do anything to it so “don’t watch it”
The Release

- Extend right arm over the front
- Chase the implement
- Push “long” not pull

[Image of a person throwing a shot put]
Questions ???

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