Glide Shot Put
Teaching Progression
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http://digitaltrackandfield.com/
## Glide Variations

<table>
<thead>
<tr>
<th>Technical point</th>
<th>Long-short</th>
<th>Short-long</th>
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</thead>
<tbody>
<tr>
<td>Left arm placement during glide</td>
<td>Must be pointed in the opposite direction of the throw</td>
<td>Left can be allowed to open, as long as the shot stays back</td>
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<tr>
<td>Path of the shot</td>
<td>Varies from rotational to straight line</td>
<td>Straight as possible</td>
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<tr>
<td>Right leg positioning</td>
<td>Right leg must be “sucked” under the body at the power position</td>
<td>Right leg position variable as long as the shot is behind it at right leg touchdown, usually wider than the shoulders</td>
</tr>
<tr>
<td>Right foot positioning</td>
<td>Right foot must be turned 90 degrees at the power position</td>
<td>Right foot positioning is variable, between 100-140 degrees at the power position</td>
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<tr>
<td>Right foot and leg action in the power position</td>
<td>Turn then lift</td>
<td>Lift then turn</td>
</tr>
<tr>
<td>Rhythm in the power position</td>
<td>Simultaneous landing of the feet in the power position</td>
<td>Right then left foot touchdown in the power position</td>
</tr>
</tbody>
</table>
Basic Technique

• Start (3 variations)
  – Basic/Static
  – Advanced
  – World Class
Basic Technique

• Across the Ring
  – unseat
  – left leg
  – right leg
  – left arm
  – shot path
glide drill progression

• a. unseat drill
• b. unseat with left leg extension
• c. b+step to power position
• d. b+ drive to power position
• e. straight leg glides
glide throwing progression

- Straight leg glides- no reverse
- Straight leg glides- reverse
- Feet together glide- no reverse
- Feet together glide- reverse
- Mini-glide- no reverse
- Mini-glide- reverse
- Double glide- no reverse
- Double glide- reverse
Technique Keys

- Timing of unseating and left leg
- Left arm placement at power position
- Right foot placement and action
- Right side lift/turn
- Left side block
- Reverse
Sample High School Girls

- Early Season High School Girls

- Strength Method  x10 stand throw (10 pound)  x5 mini-glides (10 pound)  x5 full throw -no reverse (4 kilo)  x5 full throw -reverse (8 pound)
Sample High School Girls

• **Mid Season High School Girls**

• Balanced Method  x5 stand throw (10 pound)  x10 double glides (10 pound)  x5 full throw -no reverse (4 kilo)  x5 full throw -reverse (8 pound)
Sample High School Girls

• Late Season High School Girls
• Speed Method  x5 stand throw (10 pound)  x3 double glides (4 kilo)  x3 full throw -no reverse (4 kilo)  x6 full throw - reverse (8 pound)
Sample High School Boys

- Early Season High School Boys
- Strength Method  x10 stand throw (14 pound)  x5 mini-glides (14 pound)  x5 full throw -no reverse (14 pound)  x5 full throw -reverse (12 pound)
Sample High School Boys

- **Mid Season High School Boys**
- Balanced Method  x5 stand throw (14 pound)  x5 double glides (14 pound)  x5 full throw -no reverse (12 pound)  x10 full throw -reverse (10 pound)
Sample High School Boys

- **Late Season High School Boys**
- Speed Method x6 stand throw (14 pound) x3 double glides (14 pound) 4x4 full throw -reverse
  - (14-12-10-12 pound)
Special Training

- Medicine Ball
- Barbell
- Heavy Stuff

Questions?