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Major Faults and How to Fix Them

A. Rotational Problem

1. Left arm pull and head pull
 - back
 - middle
 - front
2. Inactive Right leg
 - back
 - middle
 - front
3. Inactive Left leg
 - back
 - middle
 - front
4. Inactive Hip strike
 - back
 - middle
 - front
5. Core and Posture problems

B. Glide Shot put

1. Early Head and Shoulder pull
2. High and Shifty Middle
3. Left arm and shoulder issues

C. Weight Room – Cause and Effect of most of the issues at hand.

