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Advanced Rotational Shot Put

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Why Use the Rotational Technique?

The glide has limited force application and speed development across the ring. For example, an excellent technical glider thrower can add 10% from the standing throw to the glide, whereas an excellent technical rotational thrower can add over 20% from a stand throw.

Athletes of all sizes and strength levels can use the rotational shot put technique. The greater and longer application of force and momentum further throws in the rotational shot put.





Issues with the Rotational Technique

The shot's path is not as linear in the rotational shot put as the glide causing inconsistent release patterns.

The rhythm of the rotational shot put technique can be challenging to master, especially for athletes with limited practice schedules.





Shot Placement





ROTATIONAL TECHNIQUE

Starting Positions

- Static
- Simple
- Wind Up

The rotational shot put requires very little wind up when compared to the discus throw. The wind up can cause problems with balance and consistency; therefore, a static start or a minimal wind up is recommended for novice throwers





Rotational Shot Put Technique Power Position

- Turn the right leg to 90 degrees
- Straighten the left leg to block
- Keep the shoulders level and back

The most significant gains in implement velocity occur after the thrower reaches the power position. Even in single support (one foot on the ground), the right side should keep turning; when the left foot plants, the right foot should be approximately 90 degrees. A proper power position will effectively set up the thrower to apply force into the shot during the delivery of the throw.



ROTATIONAL TECHNIQUE

Delivery and Recovery

- Lift and Turn
- Turn and Lift





Rotational Shot Put Technique **Delivery and Recovery**

- Lift and turn the right side aggressively
- Strong left side block
- Push the shot up and out with a high right elbow
- Reverse and regain balance during the recovery



What to Look For as Coaches

Right foot placement in power position

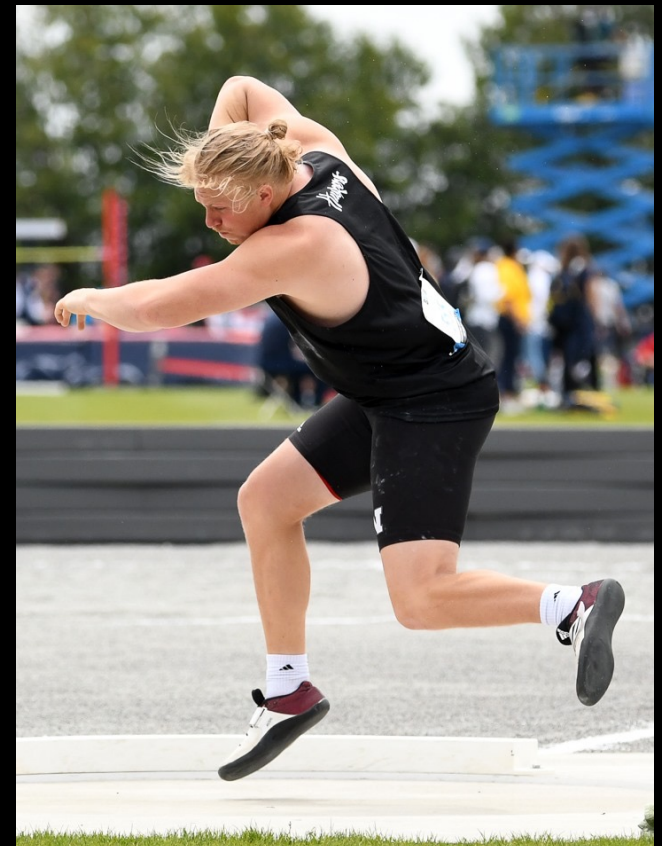
Left arm movement from start to power position

Shot put alignment in power position

Right foot action from power position to release

Shot put path from power position to release

Left side action from power position to release





Rotational Shot Put Training Tips

- Develop technique with drills
- Improve release mechanics with stand throws and $\frac{1}{2}$ turns
- Break the throw up into parts with and without releases
- Train timing and rhythm with throws at various intensities
- Create vertical lift at the finish with a proper reverse
- Focus on technique at practice



Advanced Rotational Shot Put

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Books

Shot Put and Discus Throw Manual

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Questions?



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Review

- Technique
- Coaching Points
- Training Tips

Discussion

