

TRACKANDFIELDCOACH.COM



Glide Shot Put Basics

Scott Cappos
USATF Level III Coach

25 years coaching the Big 10 Conference (Iowa and Nebraska)
Coach, Author, Mentor, Consultant, and Equipment Partner



@scottcappos



Glide Shot Put Basics

Why Use the Glide?

Less complex movement pattern

Linear path of movement

Easy to set up acceleration

Simple rhythm

Variations for strength and skill

More familiar to coaches





Issues with the Glide

Inconsistent or complicated start

Rotational movements

Poor acceleration (pausing)

Idea of using the entire ring

Misinformation





Shot Placement





Horizontal Movement to Vertical Movement

Glide to Power Position = HORIZONTAL



Power Position to Release = VERTICAL

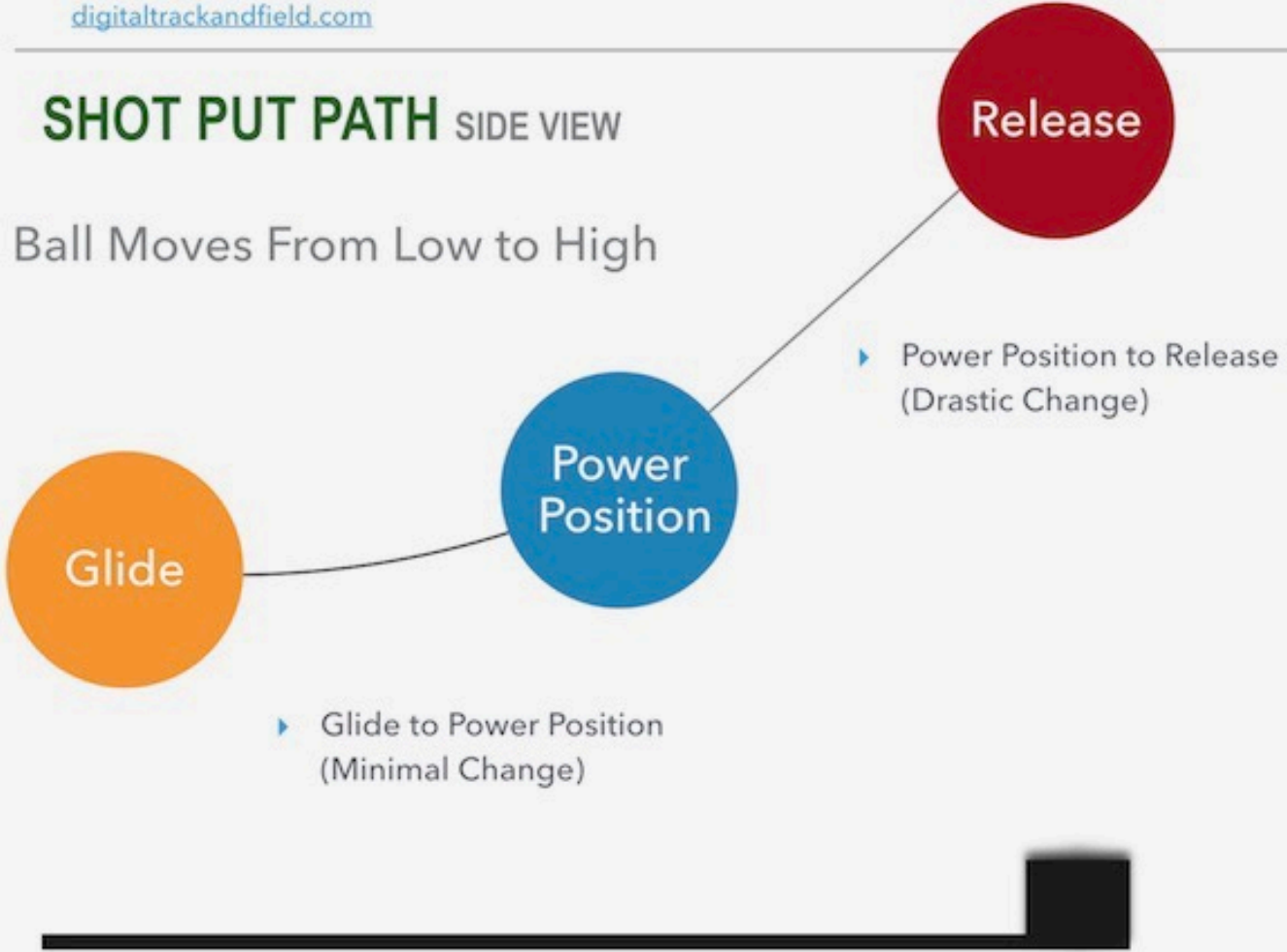




digitaltrackandfield.com

SHOT PUT PATH SIDE VIEW

Ball Moves From Low to High





GLIDE TECHNIQUE

Starting Positions

- Simple
- Crouch
- Dynamic





GLIDE TECHNIQUE

Power Position

- Short-Long
- Long-Short





GLIDE TECHNIQUE

Delivery and Recovery

- Lift and Turn
- Turn and Lift





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





GLIDE TECHNIQUE

Teaching Progression

- Stand Throw Variations
- Glide Teaching Progression
- Shuffle Glide
- Mini Glide
- Glide Variations





Glide Shot Put Training Tips

- Develop glide technique with drills and easy throws
- Improve release mechanics with stand throws
- Break the throw up into parts with and without releases
- Train heavy and light implements (within 10% of competition weight)
- Focus on technique at practice
- Stay in the ring during practice



Glide Review

Scott Cappos

USATF Level III Coach

Shot Put and Discus Throw Coaches Manual
10% Improvement Coaching Strategies

trackandfieldcoach.com

velaasa.com

Save 20% = CAP20

- Movement Pattern
- Variations
- Progression
- Training Tips



Questions?



@scottcappos

