Glide Shot Put Basics

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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
SHOT PUT PATH SIDE VIEW

Ball Moves From Low to High

- Glide to Power Position (Minimal Change)
- Power Position to Release (Drastic Change)
- Release
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

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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?

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