

Teaching the Weight Throw

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Technique Start and Winding

- Bodyweight moving opposite the hammer
- Turn the shoulders back on the wind
- Keep the ball flat and up
- Eyes forward



Technique Entry

- Ball below the shoulders at 90 degrees
- Turn the feet together
- Heel (toe) turn then the side of the foot
- Pick up the right foot at 90-100 degrees



Technique

Turn to 270 degrees

- Land flat (ball), then turn on to the toe
- Catch the ball back behind the right knee
- Tall upper body posture
- Eyes on the ball



Technique

Turning Action

- Drive the right side into the left side
- Turn the feet together
- Bodyweight opposite the ball
- Good posture and high point near 180
- Right foot off at 90 degrees on turn 2-3
- Right foot off at 80-85 on last turn



Technique Release

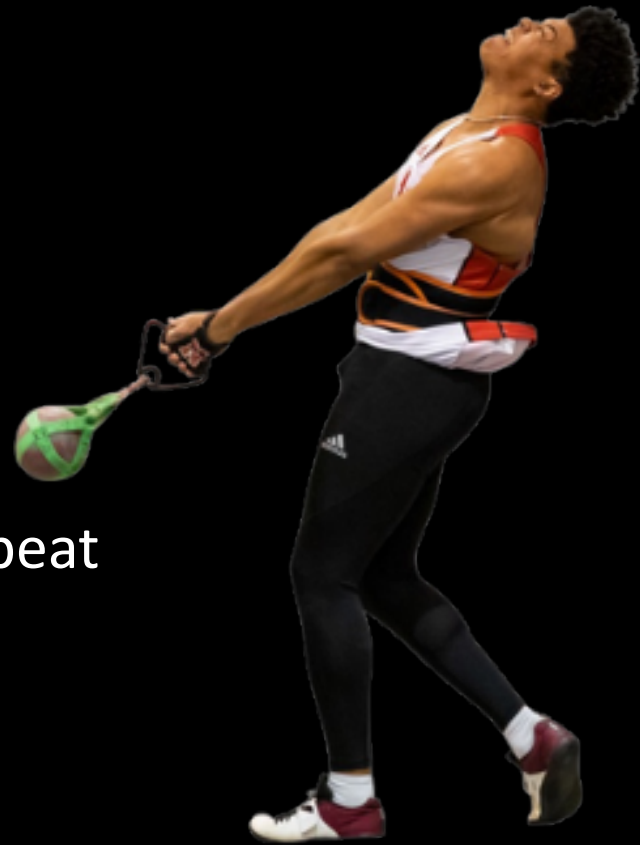
- Follow the ball up and into the release
- Solid left leg block at the release
- Arms finish up with the ball

Training the Release



Learning By Doing ---Turns

- Turn to 90
- Turn to 90 - turn to 180 degrees
- Turn to 180
- Turn to 180 - step to 180
- Turn to 180 - step to 270
- Turn - step to 270
- Turn - step to 270 - turn to 0
- Turn – step to 270 – turn to 0 repeat



Learning By Doing ---Winding

- Push, curl, behind the right ear
 - Wind front to back
 - Turn shoulders back
 - Move opposite the ball
 - High and low points
 - Feet stable
 - Move as one unit
 - Push the ball long in front



Learning By Doing ---Challenges

- **Hammer Turning**

- 2 winds and slow 3 turns
- 2 winds and 4 slow turns
- 2 winds – slow to faster turns
- Turns in a row



Weight Throw Variations

- Start Options
 - Static
 - Pitch
 - Winding
- Grip Options
 - Normal
 - Two handed
- Number of Turns
- Variable Weight
- Specific Strength
- Specific Speed

Weight Throw Review

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Books

Shot Put and Discus Throw Manual

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Questions?



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- Technique
- Turning Action
- Winding
- Turn Challenges
- Variations

