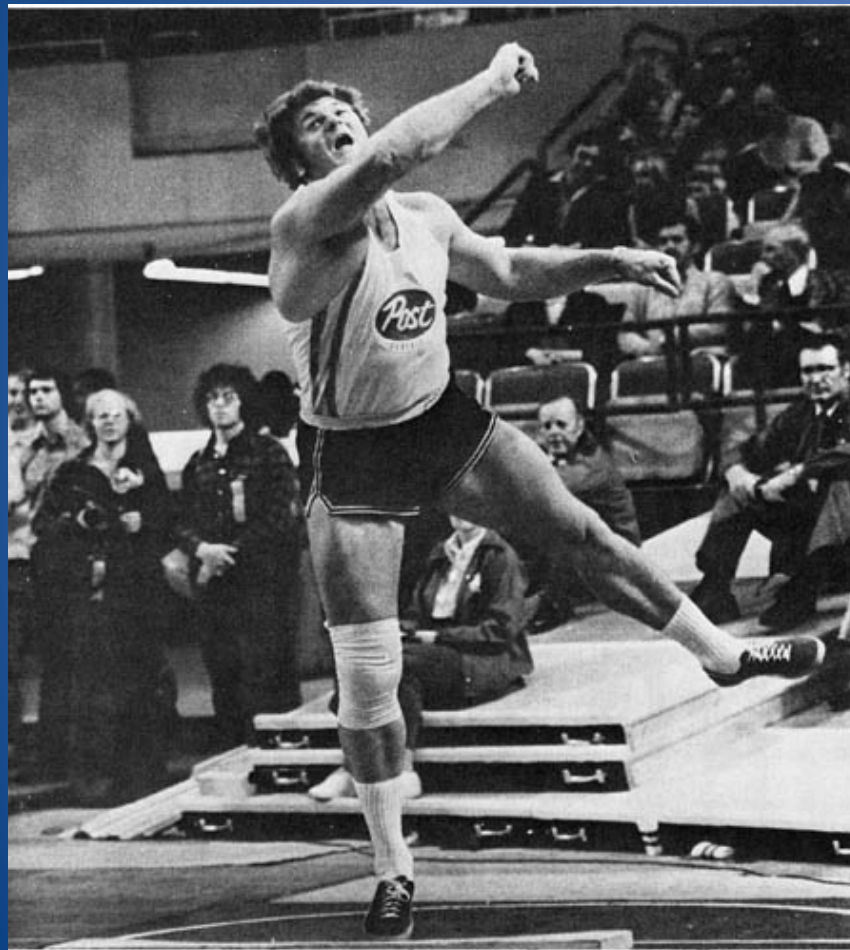




ROTATIONAL SHOT

Oldfield and Baryshnikov



Randy Barnes



World Record 23.12

Successful Spinners



Reese
Hoffa
6ft 1in

Christian
Cantwell
6ft 5in

Adam
Nelson
6ft 1in

Linear Valerie Adams



6ft 5in



Linear Majewski



6ft 11.5in

Majewski and Hoffa



Ryan Crouser



6ft 7in

Natalya Livoskaya



22.63m

Trends Rio 2016



Michelle Carter



Anita Marton

Scots Lassie Spinners



The Coaches



Don Babbit



Art Venegas



Reminder - Basic Requirements

- Balance
- Rhythm
- Range of Movement
- Acceleration
- Power Transfer



Hugh Murray - National Coach Mentor -
Throws

ROTATIONAL SHOT

- PRELIMINARY SWING
- ENTRY
- TURN
- POWER POSITION
- THE THROW (LEGS)
- THE THROW (ARMS)
- THE REVERSE

PRELIMINARY SWING

AIM - To establish rhythm for entry into the throw.

- Feet slightly wider than shoulder width with legs slightly bent
- Shot is placed further back on the neck than in the Linear Technique
- Weight is on the balls of the feet
- Easy and relaxed and not too many not too vigorous.

KEY POINTS

- SIMPLE
- RELAXED
- NOT TOO VIGOROUS
- BALANCED
- RHYTHM



ENTRY

AIM - To enter the turn on balance with optimum speed.

- Load the left side
- Left Hip leads
- Pick up right foot off the ground by the time the left toe, knee, and arm are facing 90-degrees
- Don't rush - Optimum Speed
- Wide sweep of right foot, then drive into centre. DON'T JUMP
- Right foot grounding at 2 to 3 o'clock

KEY POINTS

- LOAD LEFT SIDE
- BALANCE
- INITIAL WIDE SWEEP OF RIGHT FOOT
- DRIVE TO CENTRE
- OPTIMUM SPEED



THE TURN

AIM - To gather speed and land in an efficient throwing/power position.

- After the vigorous drive off left leg from back of circle let the ground come to you
- Right foot active as soon as contact made - turn on ball of foot
- Flick the left foot in to front of circle

KEY POINTS

- **ACTIVE RIGHT FOOT**
- **STAY ON BALL OF FOOT**
- **FAST CLIP IN OF LEFT FOOT**
- **STAY CLOSED**



POWER POSITION

AIM- To achieve balanced rangy position for delivery

- Toe heel relationship of left and right feet
- Keep weight back on right leg until left foot has touched down
- Hips lead shoulders
- Narrow base
- Shot in “Back Pocket”

KEY POINTS

- **TORQUE POSITION/ SEPERATION**
- **NARROW BASE**



THE THROW (LEGS)

AIM - To transfer maximum velocity to the shot

- Right and Left feet continue to rotate to direction of throw
- Upper body begins to unwind.
- Dynamic two legged lift creating Triple Extension
- Left side begins to brace

KEY POINTS

- **FEET ROTATE**
- **DOUBLE LEG LIFT**
- **TRIPLE EXTENSION**



THE THROW (ARM)

AIM -To Transfer maximum velocity to the shot

- Arm comes in Fast and Last
- Head back - keeps larger throwing muscles engaged in throwing process
- The throw pretty much takes care of itself at this point if everything is set up properly
- Chase the shot out but don't watch it go
- Reverse to commence after shot is released and as a consequence of the dynamic leg lift.

KEY POINTS

- **ARM FAST AND LAST**
- **HEAD BACK**
- **DON' T WATCH IT GO**



REVERSE

AIM - To stay in circle and avoid fouling

- Legs 'reverse' - change quickly after the release
- Right leg is bent and turned away from the throw
- Upper body is lowered
- Left leg naturally swings backwards.

KEY POINTS

- RIGHT FOOT TO FRONT OF CIRCLE
TURNED AWAY FROM THROW
- LAND FLAT FOOTED
- KEEP CENTRE OF GRAVITY LOW



Reminder - Basic Requirements

- Balance
- Rhythm
- Range of Movement
- Acceleration
- Power Transfer

What To Work On ??? (Don't put the cart before the horse)

Physical Competence

The presence of underpinning movement efficiency necessary to allow for the execution of complex sports specific skills

Technical Competence

The ability to effectively and efficiently produce a series of movements/skills which when linked together result in the consistent performance of a specific athletics event.

TECHNICAL COMPETENCE

Competition Areana Skills

Heavy Light Implements

Standing Throws

Wheel Tuck

Half Turn Drills & Throws

Walk in Drills & Throws

South Africans

Balance Drills

PHYSICAL COMPETENCE

Jumping

Skipping

Running

Med Ball Throws

Landing Efficiency

Horizontal Stability

Vertical Stability

Squat and Push

Russian Twists

Aleknas

Walking Lunge

Walking Lunge Med Ball Above Head

Backward Lunge

Walking Lunge with Rotations

Walking Lunge with Bend

Single Leg Squats

Double Support Squats

Jump squats

Push Ups

Pull Ups

Sit Ups

Plank and Variations

Drills

Entry



Back to Power Position



Wheel Tuck

First Attempt



5 Minutes Later



**Keeps weight on back foot.
Avoids shifting weight over front.
Gets front foot down quickly.**

PARTIAL THROWS

Standing Throw



Emphasis should be made on explosive extension from double support position

Half Turn



Work on active right foot and getting left foot grounded at front whilst maintaining separation

South African

South African





Reminder - Basic Requirements

- Balance
- Rhythm
- Range of Movement
- Acceleration
- Power Transfer



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Throws