

TEACHING PROGRESSION FOR THE GLIDE SHOT

2019 Florida Coaches Clinic

A series of several parallel white lines of varying thicknesses, slanted diagonally from the bottom left towards the top right, set against a blue gradient background.

- ▶ Canadian (hammer thrower, HS coach, club coach)
- ▶ So. Carolina (grad student)
- ▶ CS Northridge (throws coach)
- ▶ Clemson (women's field)
- ▶ JL Mann HS (last 8 years)
- ▶ USATF Coaches Ed. (49+11)

GLENN MCATEE



- ▶ Variety of methods
- ▶ Consider this method: it works
- ▶ You choose:
 - ▶ starting point
 - ▶ ending point (for that season)
 - ▶ steps along the way
 - ▶ add steps/skip steps

PROGRESSION



- ▶ 3-5kg for girls, 4-6kg for boys
- ▶ Feet together
 - ▶ Elbows out, Thumbs down
 - ▶ Chest up....leaning slightly back
 - ▶ Push and flick
- ▶ Feet in stride position
- ▶ One step
 - ▶ Timing: wait for the left to land
- ▶ Two steps

LEAD UP ACTIVITY: MED BALL CHEST PASS



GRIP: CLEAN PALM, DIRTY FINGERS

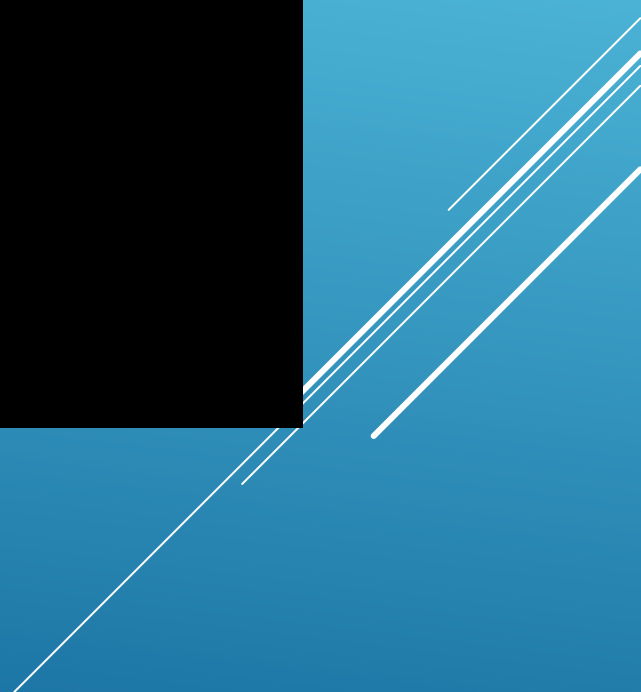
- ▶ Ball is wedged between fingers and neck
- ▶ Ball should touch between chin and point of jaw
- ▶ Behind the ear is for some spinners only
- ▶ Ball stays on neck until you start to slap the giant

SHOT PLACEMENT ON THE NECK

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ARM STRIKE SERIES



- ▶ indoor shot against wall
 - ▶ time efficient, not weather dependent
- ▶ Square
 - ▶ Shot starts in front of shoulder, not on neck
 - ▶ Thumb keeps shot from falling down
 - ▶ Thumb down, elbow out, left arm up
 - ▶ Push and flick
- ▶ Add block arm
 - ▶ Slap the giant, elbow the midget
- ▶ Add twist
 - ▶ If you drop the shot, it should land on the sole of the right foot
 - ▶ Teaches the skill of keeping the shot behind the hip

ARM STRIKE DRILLS FROM KNEE

- ▶ Same progression of drills done on the knees, but now it is a little more complex because you are on the feet
- ▶ Keep weight over the throwing side leg

ARM STRIKE DRILLS FROM STRIDE POSITION



- ▶ Stance: heel to toe relationship
- ▶ Weight on the right leg
- ▶ Shoulders closed/hips at 90 deg
- ▶ Left arm back
- ▶ Focal point: 3-6' behind ring
- ▶ Left arm action: slap the giant, elbow the midget
- ▶ Left arm and right hip tied together
- ▶ Shot starts down and back and is the last thing to move

STAND THROW





- ▶ This is a viable competitive technique
 - ▶ Use this while you are mastering the glide
 - ▶ Should be able to get to this point in a month of training (by first meet)
- ▶ Easier to transition from step back to glide than from stand to glide
- ▶ Some athletes get stuck and can't make the jump from stand to glide in the time that is available

STEP BACK DRILL



STEP BACK DRILL PROGRESSION

- ▶ Force from three movements is added together to get the athlete across the ring:
 - ▶ Unseating
 - ▶ Left leg shoot
 - ▶ Right leg push

ANALYZING THE GLIDE



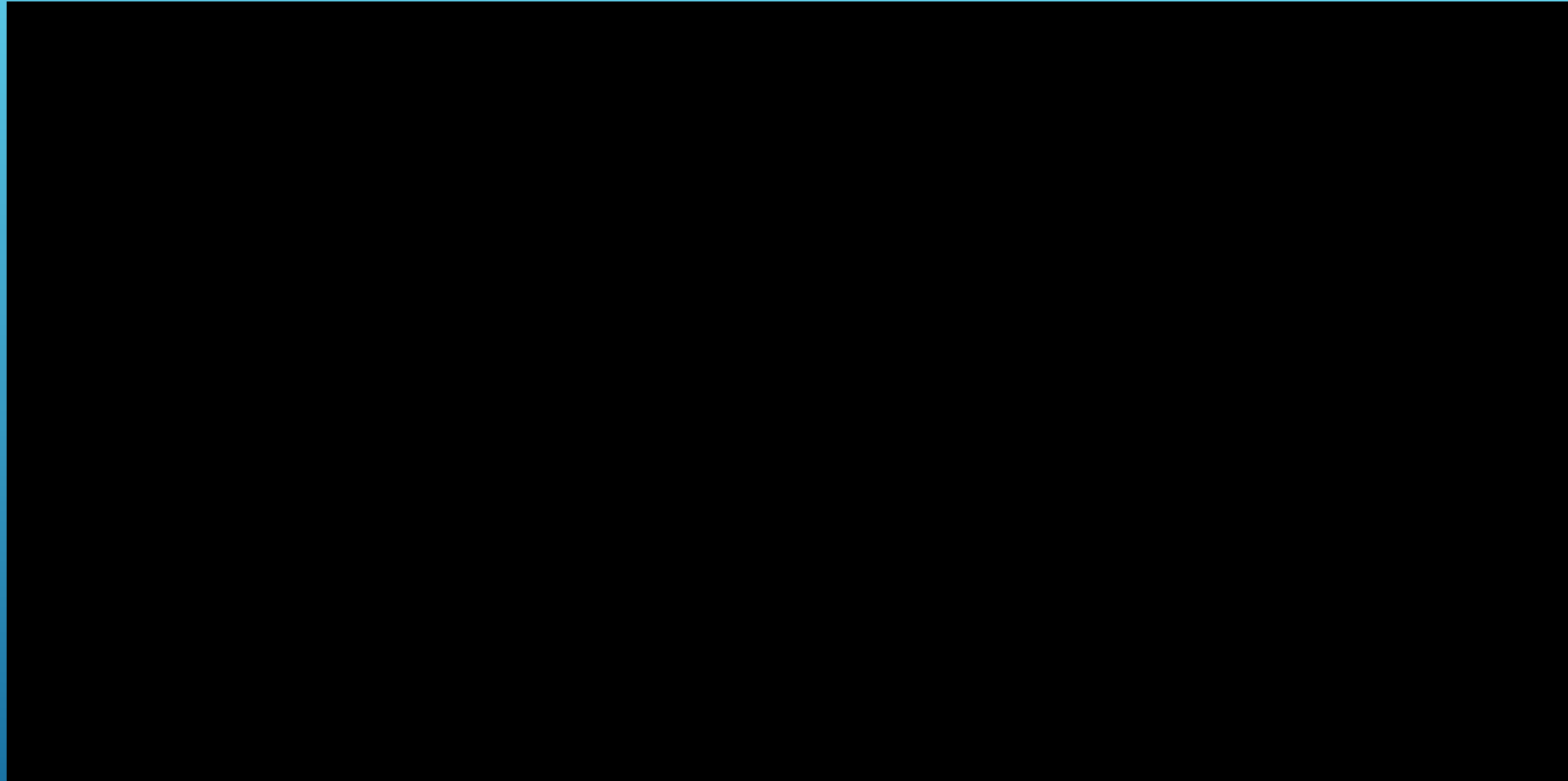
- ▶ Practice moving backwards
 - ▶ Not a common sport skill
- ▶ “A” Drill
 - ▶ Look for all three force producing moves
- ▶ Multiple glides: with and without shot, done on the track
 - ▶ Good organizational technique for teams with lots of throwers
- ▶ Left leg locked glide
 - ▶ Helps to fix the bad left leg many high schoolers have

LEARNING TO GLIDE

- ▶ Mini glides
 - ▶ No rule that says you have to start at the back of the ring
- ▶ Glide and stop
 - ▶ Not too many: will disturb your rhythm

PUTTING IT ALL TOGETHER

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MINI GLIDE

- ▶ 90% rule
- ▶ 45' stand should equal 50' glide
- ▶ Use this information to decide where to spend most of your practice time

RELATIONSHIP BETWEEN STAND AND GLIDE

- ▶ Find good talent and convince them to commit
- ▶ Work smart and extensively every day
- ▶ Teach and re-teach the basic movements
- ▶ Know what the basics of good technique look like
- ▶ Insist on excellent technique

THE SECRET IS IN THE PROCESS

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- ▶ Presentations will be posted following the clinic
- ▶ If you have comments, questions or concerns, please let me know
- ▶ glennmcatee@bellsouth.net



QUESTIONS