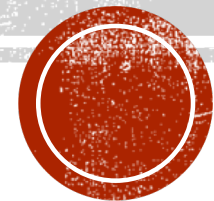


EUROPEAN SHOT PUT CONFERENCE

Tallinn – November 2019

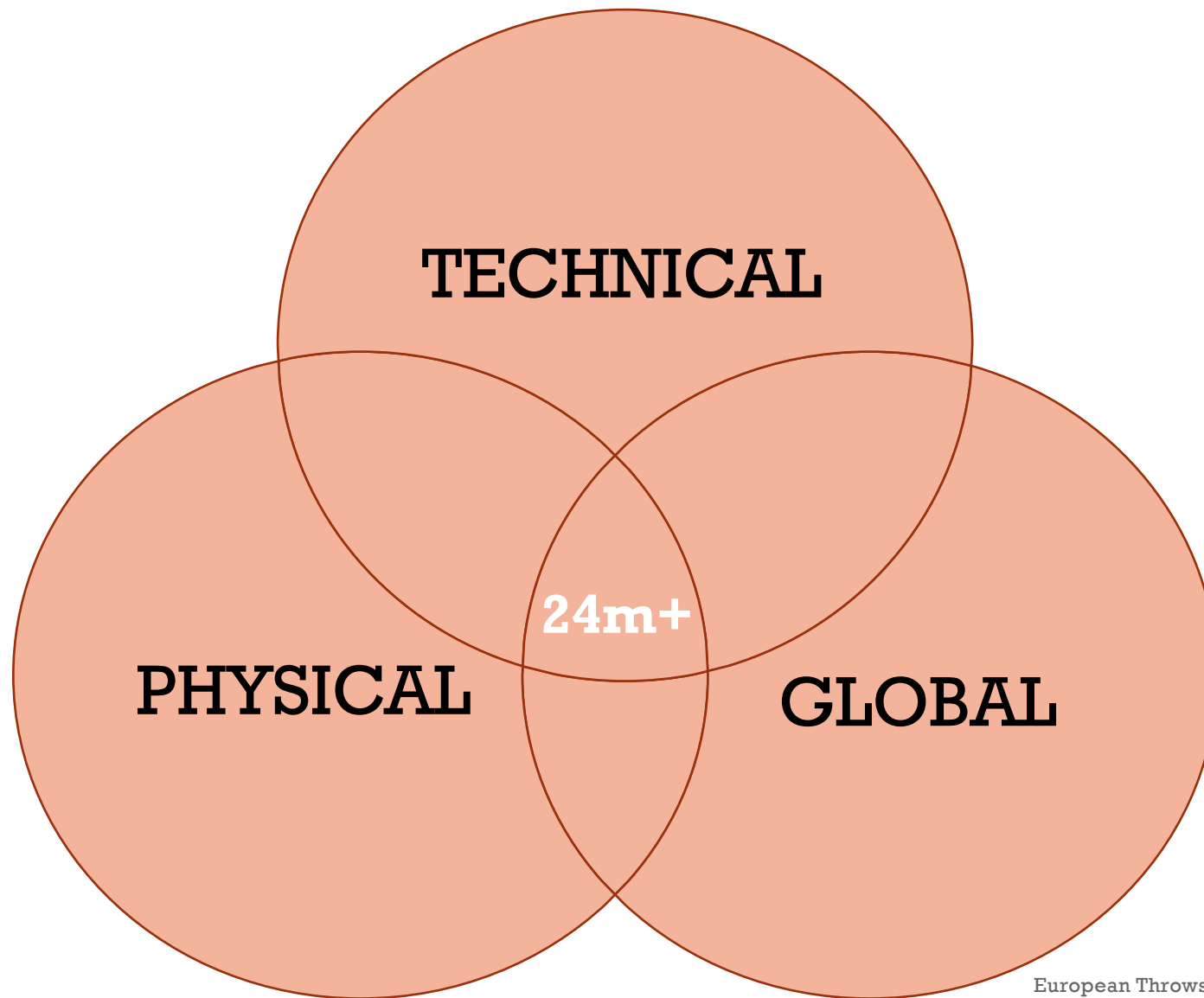


HOW WE THINK SHOT.

FOREWORD.

- 1. Adult supervision.**
- 2. Work with people smarter than you.**
- 3. Be.....patient.**
- 4. Don't want it more than the athlete does.**







It takes a village.



THE CARDS TOM'S DEALT...

- Rural upbringing
- Below-average explosive ability (72cm VJ)
- Multi-sport background
- Poor standing throw (~14m untrained)
- Dyslexia
- Height 185cm, arm span 195.5cm
- Extremely competitive
- High attention to detail
- Poor @ passive rest
- Exceptional work ethic
- Stubborn in beliefs
- Routine
- Well supported financially
- Amazing spatial awareness



What we understand;

- Optimal > Maximal
- Throwing is incredibly complex
- Throwing is incredibly simple
- There are bandwidths of chaos
- Space between the frames \geq the frames themselves
- Narratives matter
- Intent matters most

What we don't understand;

- Limits
- Recovery/Stimulus interplay
- Neurology
- Coordination
- A new way?
- HEAPS!!!

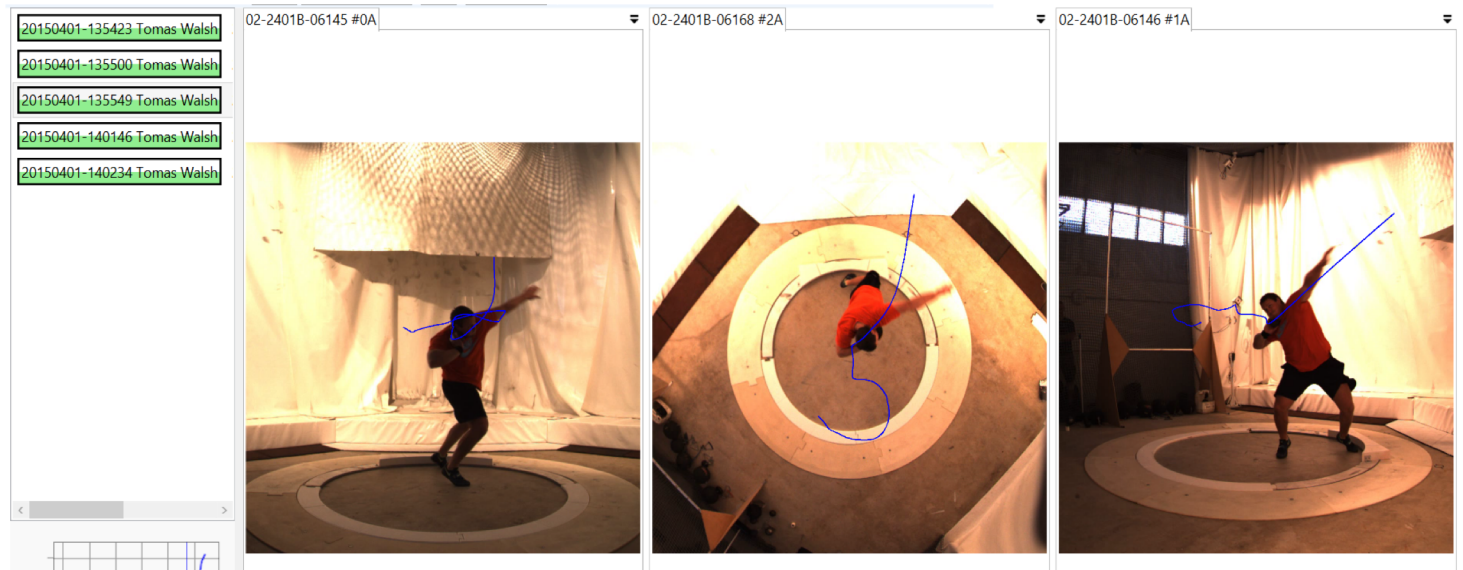


WHY ROTATION?

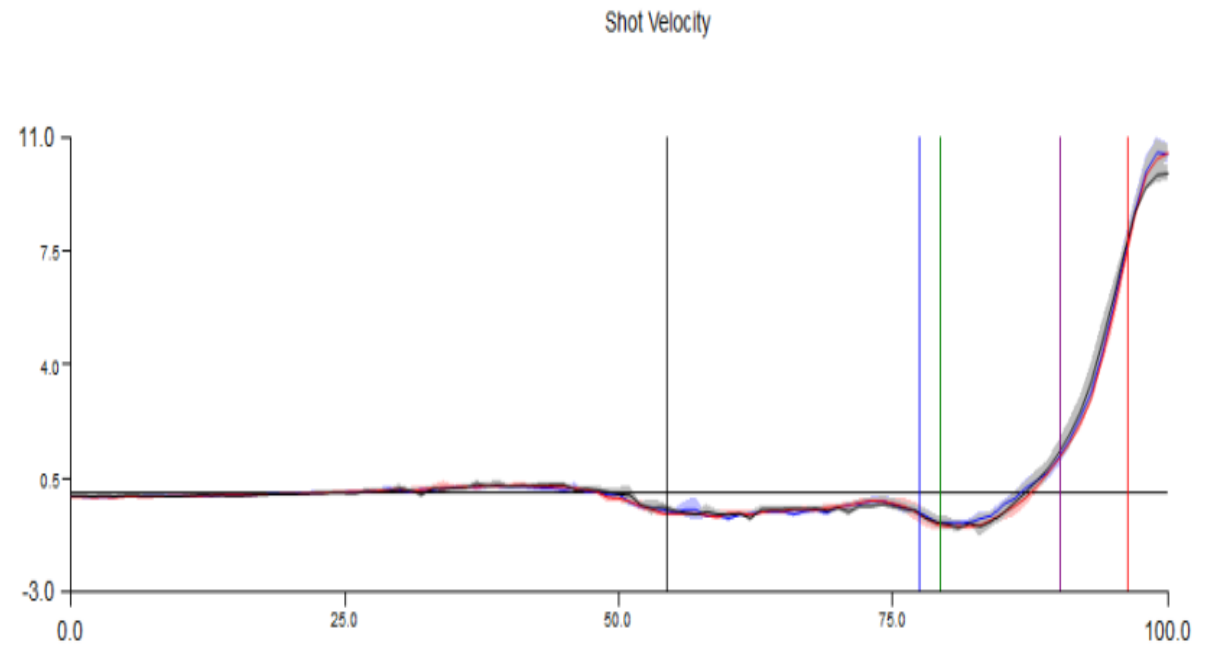
~~Shot path~~

~~Body path~~

System
arrangement ✓



“SEPARATION”



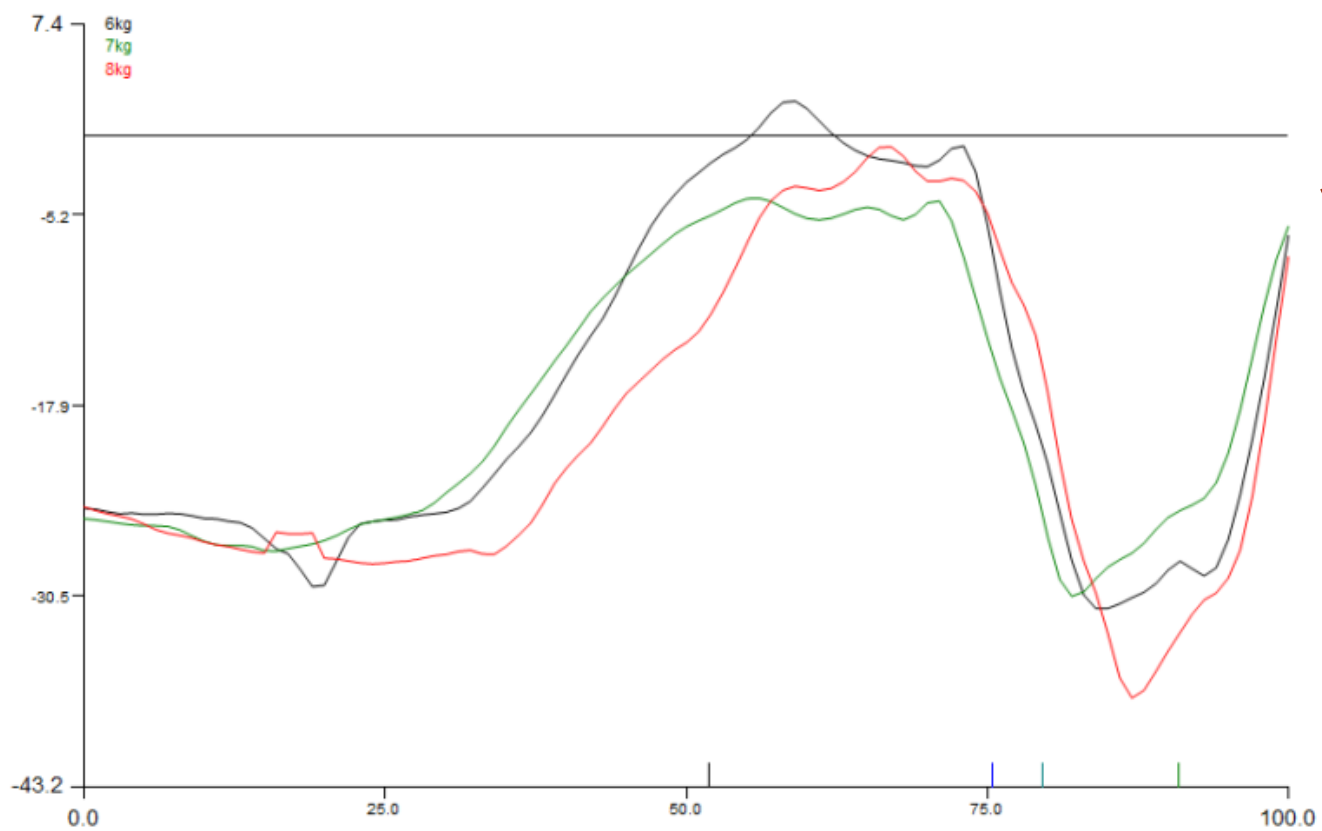
OPTIMAL \neq MAXIMAL!





December 2016

Hip shoulder separation



SPINE ANGLE



March 2017



March 2019



HALF - TURNS



THROWING AS A SKILL

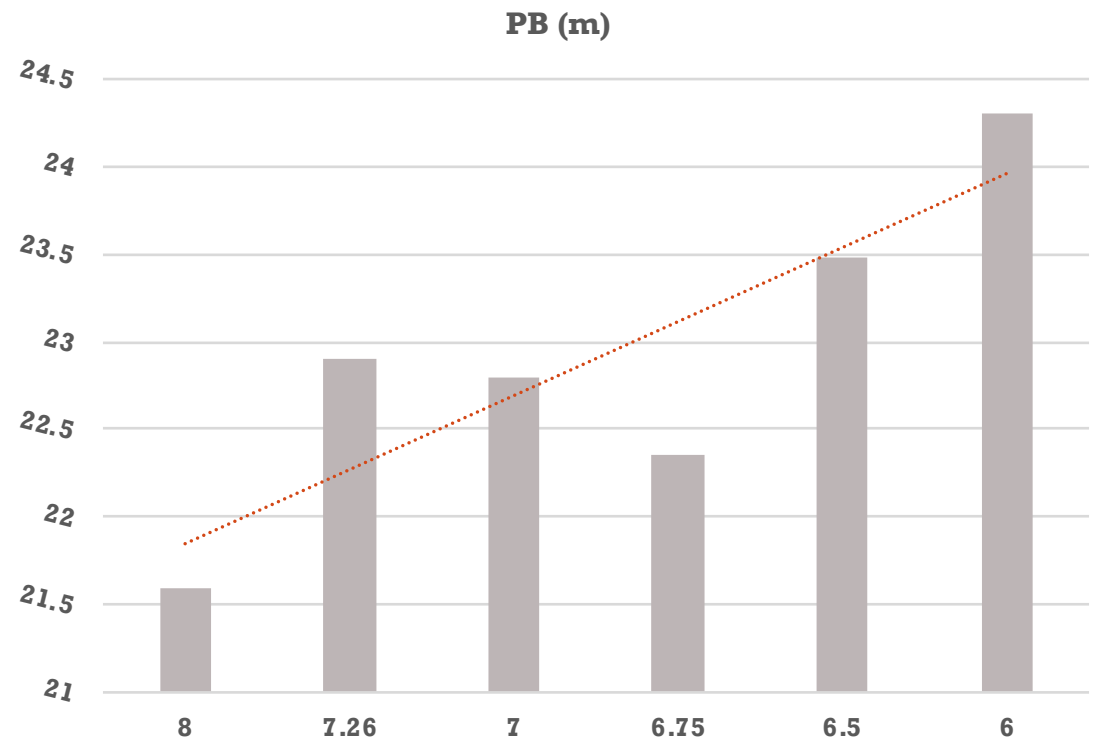


- De-stabilising the system; implement weights, shoes, surfaces
- Contextual interference
- INTENT (one throw session)



TW - PERSONAL BESTS/IMPLEMENT

	PB (m)
6	24.30
6.5	23.48
6.75	22.35
7	22.80
7.26	22.90
8	21.65



QUESTIONS?

