# Practical Throwing Session

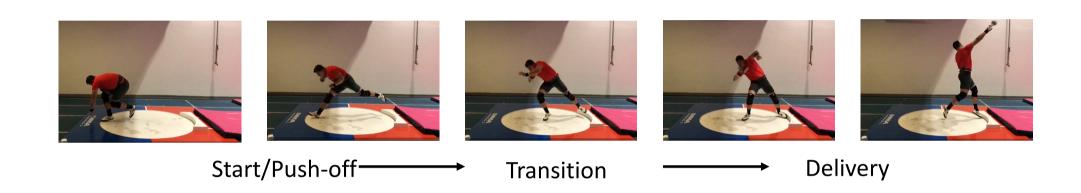
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## Glide Technique

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### Phases of the glide



- Basic exercises to develop technical abilities
- Exercises to prepare and develop the critical phases

### Preparation exercises

- Throws in vertical an horizontal directions
- Frontal stand throw variations
  - Bilateral
  - Unilateral
- Frontal throw, run-up, variations

#### Basic technical exercises

- Half stand throw
- Stand throw
- One step backward drill, nr/r
- Heel-toe-drill variations, nr/r

#### Basic technical exercises

- Changing step variations
  - Short changing step, nr / r
  - Long changing step, nr / r

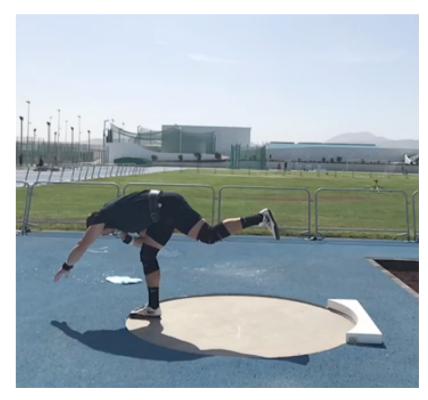




#### Basic technical exercises

- Glide Drill
- Full glide with extended left leg, nr/r
- Full glide, nr/r





### Push - off: preparation

- General: unilateral movements in the weightroom
- Sled pull backward
- · Backward walking, band resisted
- Lunges with backward push

### Push-off: development

- Glide drills outside the circle, on line
  - with/without extendend left leg
  - with added load, against resitance
- Glide drills inside the circle
  - with/without extendend left leg
  - with added load, against resitance
- Full glide with extended left leg

### Transition: preparation

- General: eccentrics, plyometrics, stabilization
- Backward jump variations
  - 3x, 5x, ...
  - raised position



### Transition: development

- Long changing step variations
  - Raised position
  - Weighted
- Glide variations
  - Raised position
  - weighted

