

Practical Throwing Session

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Glide Technique

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Phases of the glide



Start/Push-off



Transition



Delivery

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

Preparation exercises

- Throws in vertical and 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



Nr = non reverse / r = reverse

Basic technical exercises

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



Nr = non reverse / r = reverse

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

