

Shot Put Drills

1. Stance- left toes even with right heel. Place right hand on your jaw. Punch with the right hand at a 45 degree angle from shoulder.
2. Shift body weight to the right leg, unload and punch. Watch for hip rotation (put tape on leg). Breathe in prior to rotation, hard exhale on punch (be loud).
3. Return to punch position, work on punch with heel rotation.
4. Holding Shot – 1. Up 2. Turn hand so thumb faces forward 3. Bring shot down to neck 4. Squeeze the shot (be sure thumb points toward ground)
5. Practice blocking, the left side of your body, as you rotate.
6. While in the ready position, rock R/L, R/L turn and throw.
7. Work on sit, “T” (lift leg, point straight back), bring foot back (touch toe not sole of foot).
8. Take short step backward (legs look like a small “A”).
9. “Snap Drill”- done w/ partner. Partner will hold throwers left hand, when they make little “A”, they snap feet parallel to shoulders.
10. Make sure they do not open left side too soon. Can do this by having them drop softball after the “snap”. The ball should be no more than 8 inches from the right heel.
11. Go to “snap” position, pause, adjust balance if necessary, then explode.
12. Reversing - Look left after arm extends, so your body will go left.

Throwing Workouts

Pre-competition:

Session A & B-

10 throws alternating heavy and regular shot

10 throws alternating regular and light shot

10 throws alternating heavy and light shot

Competition Phase:

Session A & B-

20 throws alternating light and regular shot

10 throws alternating regular and heavy shot

10 throws with regular shot

Peaking Phase:

Session A-

20 throws heavy shot

Session B-

10 throws heavy shot

10 throws regular shot

10 throws alternating regular and heavy shot

Session C-

5 throws heavy shot

5 throws regular shot

