



# ITCCCA-South Track & Field Clinic

## Glide Technique Progressions

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### Goal One: Shot grip and placement

#### 1. Holding the shot

- The shot is held at the base of the fingers not the palm
- The fingers are slightly spread apart with the thumb for support.
- The hand will be bent back in the cocked position when holding the shot. It looks like you are carrying a pizza.



#### 2. Neck placement

- Raise the shot above your head
- Lower the shot straight down until it is under your jaw
- Push the shot into your neck
- Lift your elbow parallel to the floor. Don't squeeze your elbow towards your back
- Check to see that your thumb is pointing down towards your clavicle
- The palm should be pointing towards the throwing direction



### Goal Two: Delivery of the shot

#### 1. Delivery of the shot

- Eyes to the ceiling
- Punch the shot away from the neck
- Keep the elbow high at all times. Lowering the elbow can cause the shot to be thrown like a baseball and could result in an injury
- Finish the punch with a flip of the wrist outwards
- The left side of the body will be stopped and locked to help form the block
- The left elbow needs to drive into the side of the body to help the left side block



#### 2. Drills used to teach the delivery

- **Two arm putts** – Use this drill for proper release of the shot
  - a) The thrower will stand facing the sector
  - b) Place the shot in both hands in chest pass position
  - c) Check that the hands are behind the shot and the thumbs are down
  - d) Push the shot out with both hands, make sure the elbows stay high
  - e) Flip the wrists at the end of the throw
  - f) This throw can also be done with a medicine ball



- **Arm strike** – Use this drill for the arm delivery and blocking in the shot.
  - a) The thrower will be standing tall facing the throwing direction
  - b) The thrower will place the shot against his neck
  - c) The thrower will sky the eyes to the ceiling and push the shot away from his neck focusing on driving through the shot towards the throwing area
  - d) The thrower needs to flip the wrist at the end
  - e) The thrower will drive the left elbow into the side of his body while the shot is being delivered



- **Bent knee** – Use this drill for the arm delivery in the shot and show the importance of legs
  - a) The thrower will be facing the throwing direction with bent knees
  - b) The thrower will place the shot against his neck
  - c) The thrower will sky the eyes to the ceiling and push the shot away from his neck focusing on driving through the shot towards the throwing area
  - d) While the thrower is pushing the shot out he/she will push up with the legs extending the hips out



### Goal three: power position – “Dynamic”

#### 1. Body position in the power position

- The thrower will stand perpendicular to the throwing direction
- The feet position will be shoulder width apart or a little wider with left foot slightly behind the right foot (toe heel relationship)
- The right foot will be in almost perpendicular position (~10 o’ clock) to the throwing direction
- The thrower needs to be in an athletic position
- The thrower will shift 85% percent of his/her weight onto the right leg. The thrower should be able to lift the left leg up.
- The thrower will twist his/her upper body completely opposite the throwing direction. This position from up above will look like an **X**
- The chest, knee and toe should be in line with each other
- The thrower places the shot into his/her neck
- The left arm will be extended and out from the body with a right angle relationship to the right elbow



**Power Position**

## 2. Throwing from the power position

- Over exaggerate the use of the legs in the throw especially the hips
- Sequence of the throw will be legs - back - hips - arm
- Lift the left foot off the ground slightly in the power position
- While slamming the left leg down push the weight from the right leg to the left leg in a forward direction
- When driving with your legs your right heel (hips) needs to be turned out or your right knee needs to turn down and in
- As soon as the right leg starts the drive phase the thrower will start lifting with their lower back. This lifting with the lower back will keep the shot back on the hip. **Very important**
- As the upper body is being lifted the left elbow needs to point in the direction of the throw
- Once the left elbow points in the direction of the throw, the thrower needs to punch the elbow down and into their side of the body. This lifting and then turning action will keep the shot in a linear path.
- Stop the left side of your body to aid in accelerating the shot
- Deliver the shot as mentioned above

## 3. Drills used to teach throwing from the power position

- **Twists** – Use this drill for warm-up and to emphasize the importance of the legs.
  - a) The athlete faces the sector with toes pointed straight
  - b) Place shot against the neck
  - c) Bend the knees
  - d) Twist the body to the right and down
  - e) Extend legs and hips then throw as explained in the bent knee drill



- **1-2 drill** – Use this drill to teach the thrower to keep the shot back on the hip.
  - a) The thrower gets into the power position with a shot against the neck
  - b) On the command of “**one**” the thrower opens his left elbow to the throwing direction and turns his heel out. Check to see if the shot has stayed in place at the back of the ring
  - c) On the command of “**two**” the thrower completes the throw – sling shot effect



- **Kneel drill** – Use this drill to emphasize the importance of the legs and hips
  - a) The thrower will kneel down on their left knee
  - b) The right foot will be in the middle of the ring
  - c) The thrower will start by turning their right foot and straightening the right leg
  - d) Deliver the shot
  - e) This drill emphasizes how important it is to work from the ground up in the throws



- **Y drill** – Use this drill to teach the turning of the knee down and in
  - a) The thrower will start in a split position
  - b) The thrower will need to turn the right knee in and down
  - c) Deliver the shot



#### **Goal four: glide position**

##### 1. Body position in the glide

- Stand at the back of the ring facing away from the throwing direction
- Place shot against your neck
- Put your body in an athletic position facing away from the sector
- Extend your left arm out – relaxed
- Extend the left leg back towards the toe board
- Most of the body weight should be on the right leg



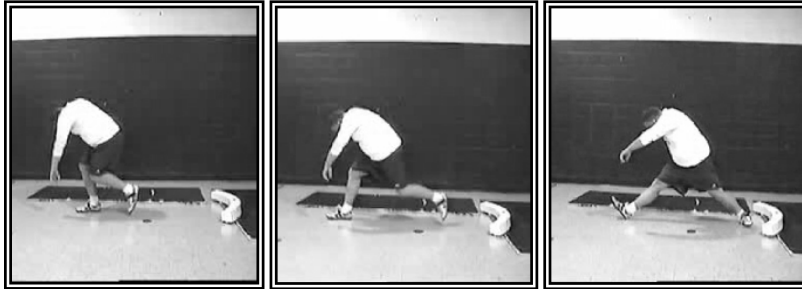
**Glide Position**

##### 2. Gliding into the power position

- Tap your left leg for balance
- Extend the left leg about a foot off the ground while straightening your right leg
- Draw up the left knee even with the right knee
- Do not allow your left leg to curl behind the right leg
- Allow your hips to start to fall
- Violently extend your left leg towards the toe board, do not lift up with your back
- Push and then pull your right leg underneath you, it will look like the last part of your body leaving the circle is your right heel

### 3. Drills used to teach the glide

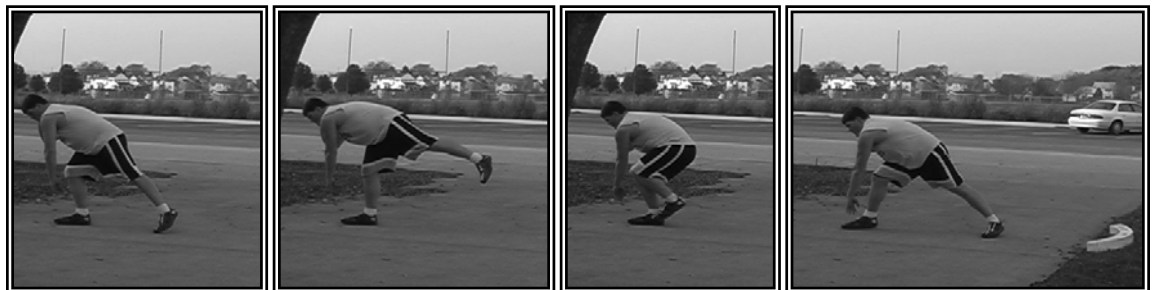
- **A drill** – Use for left leg drive.
  - a) Start in glide position
  - b) Drive your left leg towards the toe board close to the ground
  - c) Straighten your right leg where the only thing is touching is your heel
  - d) The finished position with your legs will be an upside down Y



- **Step under** – Use this drill for teaching the glide.
  - a) The athlete will first do an A drill
  - b) On command the athlete will pull the right leg underneath their body turning the right foot at the same time
  - c) Deliver the shot



- **Sequence drill** – Use this drill to teach the start of the glide
  - a) Start in the glide position
  - b) On the command of the coach “up” lift the left leg up while straightening the right leg
  - c) Next the coach will say “in” this means that the athlete needs to bring the left leg even with the right leg
  - d) The final command is “glide” or “A drill” where athlete glides and stops in the power position



- **Slides** – Use this drill to teach the proper mechanics of the glide
  - a) Start in the glide position
  - b) The athlete will slowly reach the left foot towards the toe board while sliding it across the ring
  - c) Once the athlete has reached the left leg back the right leg will extend and slide along the ring reaching a power position
  - d) Deliver the shot



- **Straight leg glides** – Use this drill to strengthen the right leg and to teach the push pull of the right leg
  - a) Start in the glide position
  - b) Lock the left leg straight and hold it an inch above the ring
  - c) Glide into a power position without using your left leg
  - d) Deliver the shot



- **Double hops** – Use this drill to teach the importance of getting the right leg underneath and to teach the concept of keeping the shot moving
  - a) Start in the glide position
  - b) Do two consecutive glides in a row into a power position
  - c) Slam the left leg down
  - d) Deliver the shot with little hesitation

