

Glide Shot Put: Technical Checklist

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Phase 1: **Grip and Load**

- Shot placed on base of the fingers
- Wrist flexed to 90°
- Thumb rests on collarbone

Phase 2: **Assuming the stance**

- Right foot at ring's rear edge
- Back parallel to the ground
- All bodyweight rests on the bent right leg
- Left arm long, low and loose

Phase 3: **Initiating the glide**

- Sequential movement of the glide ...
 - 1. Knees come together
 - 2. Hips unseat and fall back slightly
 - 3. Push up off of the right leg/heel
- Above measurements are sequential and distinct
- Upper body remains passive and closed

Phase 4: **Flight**

- Right foot comes under chest
- Right toe turned sideways prior to landing
- Upper body remains passive and closed

Phase 5: **Landing and landing position**

- All bodyweight on right foot
- Right leg bent, but pelvis is neutral
- Left leg reaches to toeboard, bears no bodyweight

- Feet land almost simultaneously
- feet in heel ball relationship
- Shoulders at 180°
- Hips at 90°
- Pelvis remains neutral at landing
- Upper body remains passive and closed

Phase 6: Early delivery

- Hips turn completely to throwing direction
- Bodyweight transfers completely to left foot
- Legs push up and hips rise
- The above occur simultaneously and at the same rate
- Upper body remains passive and closed.

Phase 7: Late delivery

- Left arm sweeps wide in plane of the Shot's path
- Chest begins to turn
- Left wrist blocks at left side
- Chest turns completes turn
- Shot moves out in front of right shoulder

Phase 8: The strike

- Pushing movement
- Elbow elevated
- Thumb down
- Wrist extends at release

Phase 9: The finish

- Right arm follows through across the chest
- Sequential movement of the reverse...
 - 1. Right foot kicks toeboard
 - 2. Left foot moves back and up, chest turns to the left
- Above movements are sequential and distinct

Source: *<http://completetrackandfield.com>*