SETTING UP THE GLIDE

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PERSONAL

CERTIFICATIONS

- USAW SPORT PERFORMANCE COACH
- USTFCCCA Sport Performance Certification
- USATF LEVEL 1
- FROM SPANISH FORT, AL
- High School
 - 2010 State Champ in Javelin, Runner Up in Discus
 - 50ft. Shot Put

• COLLEGE

- THE UNIVERSITY OF SOUTHERN MISSISSIPPI (2014,2016)
- 3x NCAA Preliminary Round Qualifier

Post Collegiately

• JAVELIN-PB-71.96M (236'1"), 26TH IN NATION IN 2016

GLIDE V. SPIN

- WHO DOES WHAT?
 - MOVEMENT
 - GLIDE STRICTLY LINEAR
 - SPIN ROTATIONAL THEN LINEAR
 - STRENGTH

FRONT TO BACK OR BACK TO FRONT IN CIRCLE?

- ALWAYS HAVE A PROGRESSION
 - KEEP IT SIMPLE
 - BASICS FIRST
 - FRONT TO BACK

POWER POSITION

- FEET SET WHERE?
- BODY POSITION
 - TWO PLANES
 - UPPER AND LOWER
- TRAINING SEQUENCE
 - DRILLS
 - THROW



DRILL FROM POWER POSITION

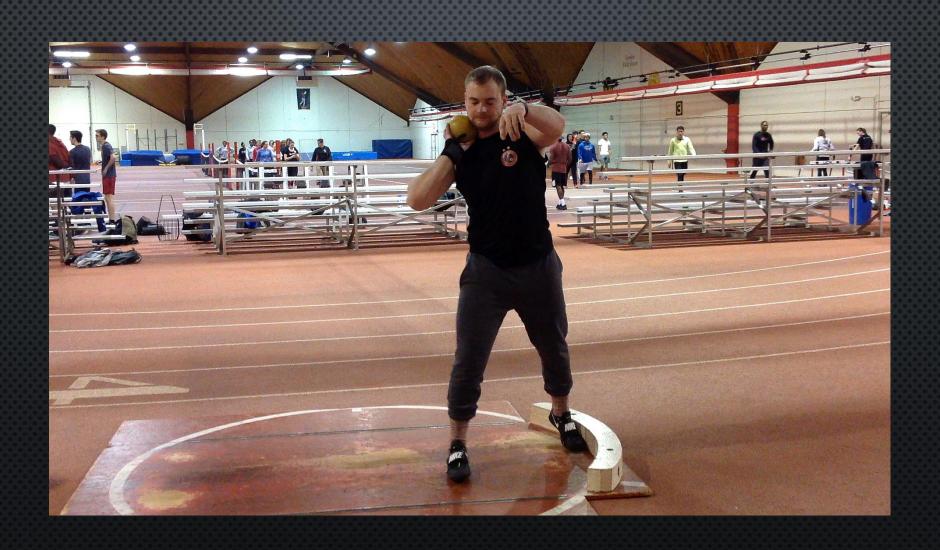
- MB HIP POP
- SLAP THE HAND
- BANDED SEQUENCE
 - LEFT HAND
 - RIGHT HAND



LOWER FOCUS

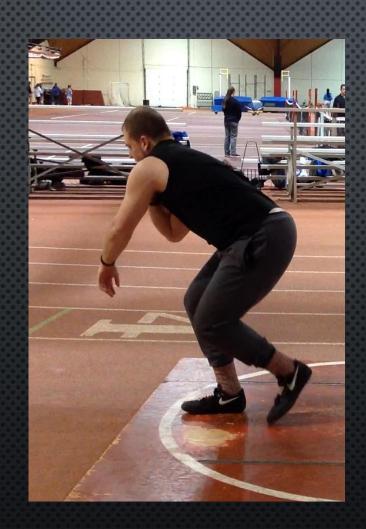


UPPER FOCUS



TRANSITION TO THE BACK OF THE CIRCLE

- SET IT UP
 - BODY POSITION
 - LOWER
 - UPPER





ATTACKING THE GLIDE

- Push and Kick Out Of The Back
 - KICK DOWN TO THE TOE BOARD
 - QUICK RIGHT TO LEFT











ATTACKING THE GLIDE (CONT.)

• DRILLS

- A DRILL
- B DRILL
- TOWEL GLIDE
- BANDED GLIDE
- MB GLIDE
 - HOLD
 - RELEASE



ATTACKING THE GLIDE (CONT.)

- THE THROW!
- When you feel comfortable with your athletes Technique get them to Throw
- THE MORE REPS THEY THROW, THE MORE COMFORTABLE YOUR ATHLETES WILL GET



ALWAYS PULL THE IMPLEMENT

- STAY BEHIND THE HIPS
- CHEST UP AND BACK
- HEAD UP

STRENGTH TRAINING

- HELPS BUILD EXPLOSIVENESS
 - LIFTING
 - OLY LIFTS
 - STATIC LIFTS
 - BALLISTIC LIFTS
 - MB CIRCUITS
 - IMPORTANT!

OTHER WAYS TO HELP SET UP THE GLIDE

- Sprints → Keep it under 30m for Shot Putters
- Multi Jumps Circuits

QUESTIONS?