

# 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"), 26<sup>TH</sup> 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?**