

The "Not-Discus Style" Rotational Shot Put

Slow is Smooth, Smooth is Fast!

LAMAR TIGERS

1

Facilities

Multiple Rings
Find a way!

Smooth Rings!

Toe Boards Are Easy To Make

Mark Lines Every Two Meters!

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2

Equipment

Throwing Shoes!

Wrist Wraps/Tape

Overweight/Underweight Shots

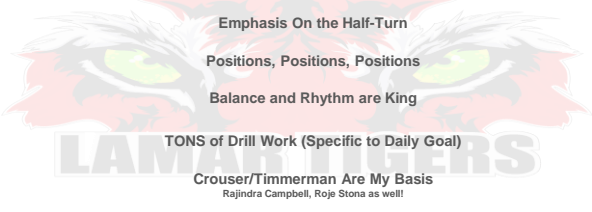
Medicine Balls

Indoor Rings/Place To Do Med Ball Work

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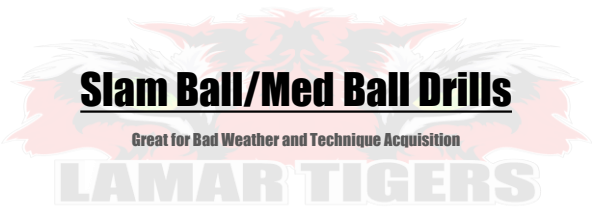
3

Technical Model



4

Slam Ball/Med Ball Drills



5

Hip Pop Med Ball



- Great Stance
- Focus on Isolating the Right Foot
- Stay Connected
- Finish on Balance
Elbow High
Stay on the Ball!

6

Stands Slam Ball



Great Stance

Focus on Isolating the Right Foot

Stay Connected

Finish on Balance
Elbow High
Stay on the Ball!

7

Half Turn Med Ball



Great Stance with Weight on the Right Foot

Focus on Turning Right Foot

Don't Rush

Drive The Hip Through The Ball

8

Half Turn Slam Ball



Great Stance

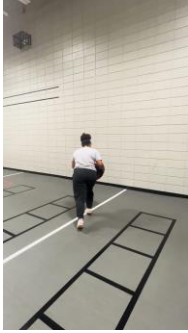
Focus On Turning Right Foot

Feet Do the Work

Finish on Balance
Elbow High
Stay on the Ball!

9

Continuous Half Turn (3-Wheel)



Great Stance with Weight on the Right Foot

Stay on the Right with Good Balance

Reset Balance After Each Turn

Drive Hips Through The Ball

10

South African Hip Pop



Great Stance With Weight on Left Foot

Focus On Sweeping Right Foot Ahead

Push To The Toeboard, Not Across The Circle

Be Patient Through The Finish

11

South African Slam Ball



Great Stance with Weight on the Left Foot

Let The Right Foot Sweep Ahead

Push To The Toeboard, Not Across The Circle

Patient Finish!
Elbow High!
Stay on the Ball!

12

Full Throw Slam Ball



Focus On Rhythm and Positions

Stay Connected To The Ball

Smooth Steps And Turning Feet

Finish on Balance
Elbow High
Stay on the Ball!

13



14



15



16



17



18

Questions?

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