

The Javelin

By Mark Mirabelli, Throwing Specialist - www.mmtrackandfield.com

If I could use one word to express success in all three styles of throwing the shot put I would have to say the word “*drill*”. When doing any of these technical forms of throwing the shot put, one must decide what form is best, based on the throwers athleticism. Boy /girl makes no difference. To be a successful thrower, the athlete must encompass strength, flexibility, endurance, and technique. The Dynamic Drop Glide is excellent for an athlete who has good speed and balance. The Drop Glide gets you across the circle quickly and into a quick release because of the speed developed from the back to the front of the circle. Below are the necessary step by step drills that will help the thrower throw farther using any of the three shot styles. Personally I have had a great deal of success using the Dynamic Drop Glide and would like to share how I have developed many Local, State, and National throwers. By no means is this the only way to teach the dynamic Drop Glide, but it is the way that has been successful for myself and for my athletes.

The Grip:

Place the shot comfortably on the base of the hand with the thumb down and the four fingers balancing the shot.

Hand-Shot-Neck



Placement:

Place the shot under the jaw bone with the elbow below 90 degrees. Press the shot into the neck so it doesn't fall out.

Flat Back throws:

Athlete will lie on his back positioning his throwing arm correctly with the elbow out. The coach will stand behind the thrower as shown below; the thrower releases upwards snapping the shot off the fingers. Stress extension. (Use a softball, 8lb. or 10lb) for safety and proper form. 2x10



Release drills:

Good morning throws are an excellent way to warm up at a meet since the officials only allow two warm-up throws. Bend at the waist placing the shot under the chin; bend forward in a 90 degree position and release downward snapping the shot off the fingers upon reaching full extension of the throwing arm. The thrower can do this 10 times before entering the

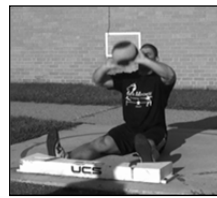


Medicine ball drills:

Beginners and advance throwers now and then need to go back to the basics when their timing is off. The following drills are a few examples that will enhance explosion of the shot put. The thrower should do a lot of reps prior to the beginning of the season and gradually decrease the amount of reps during the season. When doing any of these drills, return and complete the same drills using different weighted shots. For beginners, I like using a 6lb-8lb-10lb. For the boys, I like using 8lb-10lb-12lb.

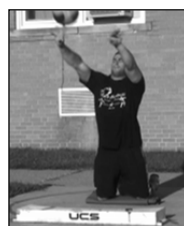
1. Sit down throws:

The thrower sits at a 90 degree angle placing a 4k med ball under the chin with the elbow evaluated at 90 degrees; the thrower will explode the ball forward to a partner or wall. **(2x10)**. Use a shot after you complete all med balls.



2. Double Knee Release drill:

Kneel on both knees placing the 4k med ball at the top of the chest again. The thrower should load up and push the med ball forward thrusting the ball forward at a 45 degree release angle. **(2x1)**



3. **Single Knee Release Drill with Med Ball & Shot:**

Kneel on one leg on a deflated basketball making sure the bent knee is at a 90 degree angle so to create better balance. Place the med ball back and behind the throwing hip and release forward. Shot Put: place the shot under the chin with the left arm relaxed; turn to the right with the eyes back, shoulders level and hips fighting forward. Release the shot at a 45 degree angle. **(2x10)**



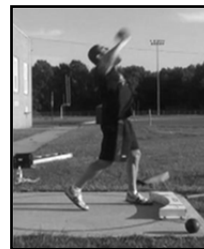
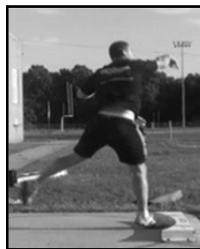
4. **Push Release Power Throws:**

Place feet outside shoulders; 1/2 squat and explode the shot at a 45 degree angle snapping the wrist outwards at release.



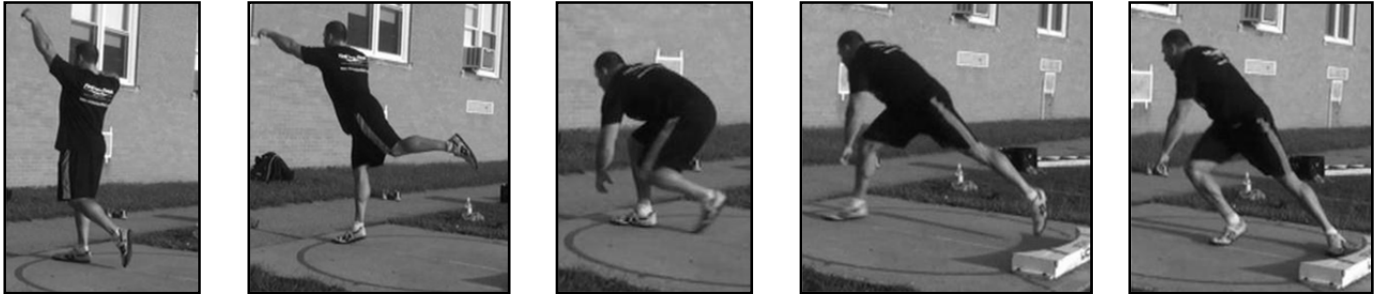
5. **Power Throws:**

Position the feet as shown with the left foot cutting the right in half and extend the left foot forward. Do not extend it too far. I like to use the following commands when doing this drill with large amount of throwers: **1.** Place both arms up with correct position of the feet. **2.** Place the shot correctly under the chin. **3.** Rotate over the back right hip comfortably, keeping the shoulders square and hips ahead of the shoulders and eyes back; Punch release the shot forward with hips leading the throw. (Punch the face of a 7 ft giant). Release the shot put. **(2x10) Stress Quality!** (Frame 5 is a non-transfer. Frame 6 is a transfer)



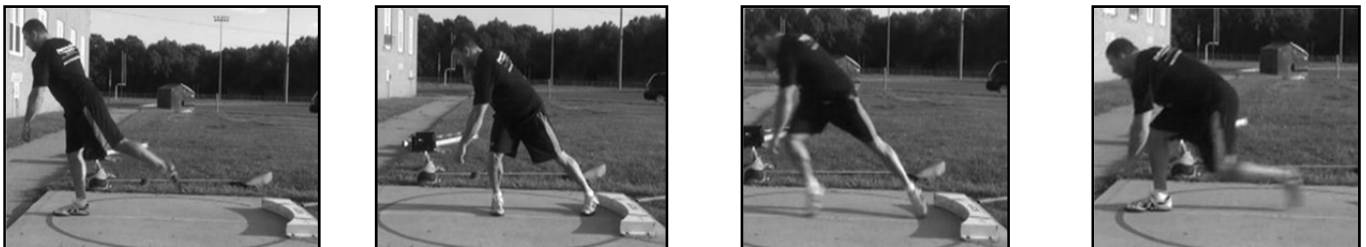
6. **The Drop:**

The thrower will stand tall in the back of the circle with his throwing arm long and above his head. He will get on his toes and drop straight down behind his right leg. (Remind the thrower not to drift back; instead keep the CM (center of mass) behind the hips and eyes, focused back. Drive hard off the right leg and extend the left leg making sure the shoelaces of that foot is facing downwards. This will help the thrower from not opening up too soon. The right foot will land at 90 degrees in the center of the circle with the shoulders parallel to the back. The hips will shoot forward followed by the shoulders. (Remind the thrower that there is a race going on between the hips and shoulders and that the hips must always win the race). **(2 sets of 10 or more)**



7. **Come across and Hold:**

This drill is great! It develops a great deal of muscle memory because of the repetitiveness of getting into the correct position in the middle of the ring. The thrower will position his body in the back of the circle with the right foot slightly turned 20 degrees inward. This will allow a faster positioning of the right foot landing in the middle of the ring at 90 degrees. The thrower must remember to keep the back leg foot facing the ground (shoelaces down). This will help keep the throwers' hips from opening up too soon when he drives across the circle. Have the thrower go through a mental checklist when they get to the middle of the circle. Is my right foot at 90? Are my hips ahead of my shoulders? Are my eyes back? **(2x10)**



8. **Come Across and Hold & Open up in slow motion:**

Same as above, but this time when you get to the middle and you go through the three questions, you will kick the right foot out forward and open up the hips first; left arm out and in (called the block) and then form the power "C" position. **(2x10)**. Repeat the above **Come Across and Hold drill** but this time when you hit the middle, open up in slow motion. This drill is excellent for improving the throwers' balance and muscle memory.



90 degrees –Shoulders square

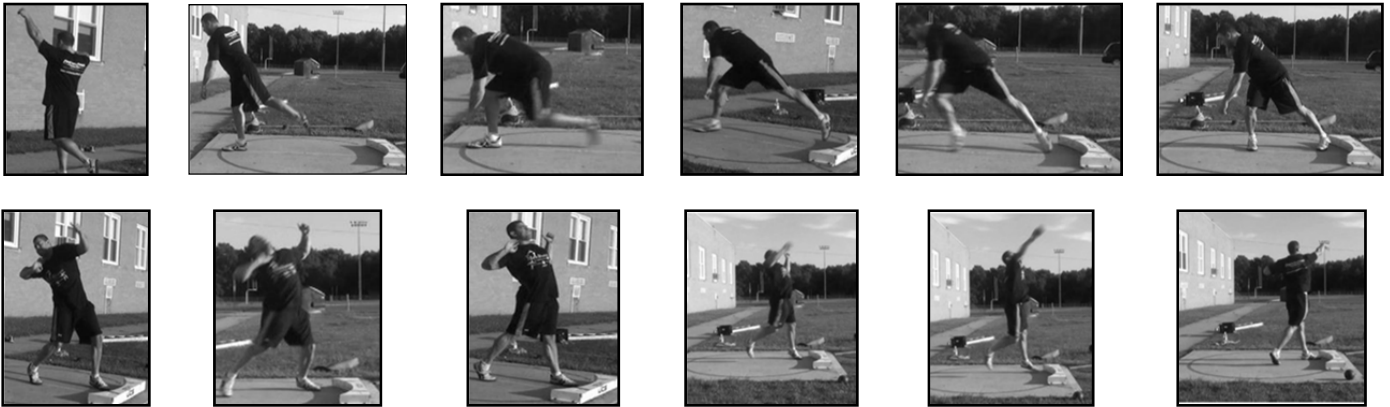


Heel kick out-eyes back



Power Position

9. **Full Dynamic Drop Glide throws:** After spending many hours of drilling the thrower is ready to do complete his/her workout with 10-20 quality throws. I do stress that it is beneficial to do a full throw 2-3 times when you're drilling a certain body position (Part to hold). Using variable shot weights are also helpful and will allow the thrower not to get fatigued.



When you start throwing a complete throw, do a lot of volume throwing use 2 lbs less than your competition shot. If you throw a 16lb shot, throw a 14lb. If you throw a 12lb shot throw a 10lb, and if you throw an 8lb shot throw a 6 lb, etc. In this way your throwers will get repetitive muscle memory without getting fatigued. **(3 sets x10)**

In closing, remember that the more you do these drills, the more your body will respond correctly.

Do every drill with quality, working on one body position at a time

*It takes time, but this is what winners do, **drill, drill, and drill!***

Notes:

You can purchase the Mark Mirabelli DVD Throwing Series: <http://www.mmtrackandfield.com/>

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