

## Glide Shotput Drills - Barry k. Swanson

- **Heel Toe power position**
  - o *-Heel Kicks*
- *Turns- "Smack the giant" & "Pull the bow back"*
- *Turn-Block- Release "Smack the Giant", "Elbow the Giant", "Punch the Giant"*
- *Push Drill: "Reach out", "Toe-up", and "Suck it under"*
- *Push Drill: "Reach out", "Push", and "Suck it under"*

### **Glide Starting Position**

- *Hold fence or hurdle*
- *Up & In's, hips fall to an "A"*
- *Up & In Glide, land in power position*
- *Glide Kick*
- *Glide Turn*
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### **Reverse Drill**

- *Turn-Block-Release- Step right foot to toe-board, Lift left leg-Drop head, Drive right arm and head back in a circle, hop around*
- **Grip and Neck Placement**
- **2:00 minute throws**
- **Powerputs**
- **Glide-Stop-Release**
- **Full Throws, no reverse**

## Discus Rotation Drills- Barry K. Swanson

- *Left foot 180° rotations*
- *Left foot 360° rotations*
- *Out of back to 10 O'clock*
- *Out of back to 10 O'clock- wheel*
- *Out of back to power position*

### Discus Throwing Drills

- *Grip*
- *Bowling*
- *Skimmers*
- *2:00 minute*
- *Power Throws*
- *South African Throws*
- *Full Throws*