

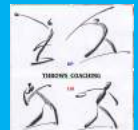
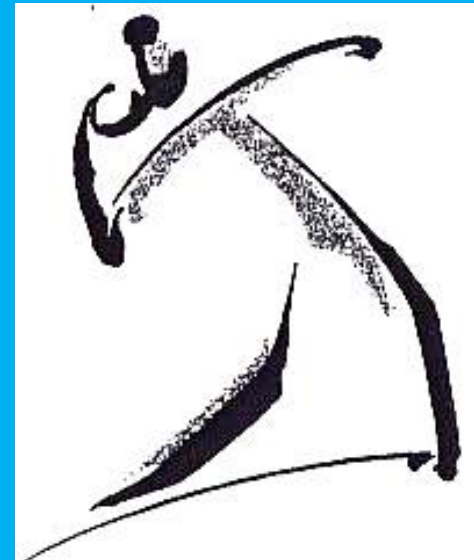
COACHING WITH IMAGES

SHOT PUT Linear

Coaches have to talk to their athletes , but it is not that easy .
You may think that you have explained very well but at the end,
for some reasons , the athlete has not understood or got it
wrong. So, like in many other things and occasions :
A GOOD IMAGE WILL BE BETTER THAN A LONG EXPLANATION .

The image will talk to the athlete better than the coach if it is well chosen. Nearly all coaches have their own "talking images" . Here are some of them which have proved to be quite efficient and that I have found myself but also often "stolen" from other coaches !

The following set of images cover nearly ALL PHASES of the Linear Shot put throw and will be of great help for coaches and athletes



COACHING WITH IMAGES

SHOT PUT
Linear



1-SQUEEZE INTO THE MAGIC BOX !



THE IDEA BEHIND THE PICTURE
-Feeling that the compression will create the "need" to get out , extend and stretch



TECHNICAL POINTS CONCERNED

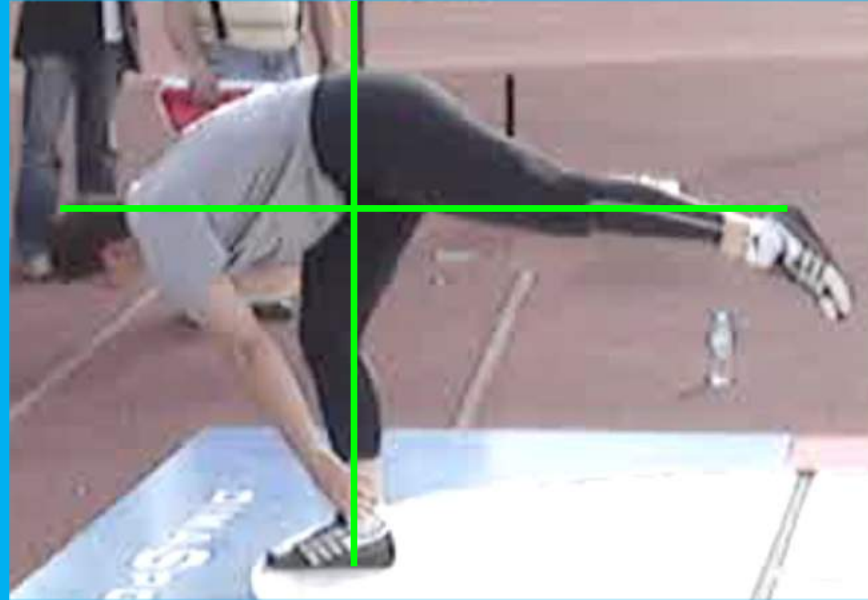
- Press on the right leg to get a "spring" reaction
- Extend the throwing path as low and far back as possible
- Keep the head and upper body down



COACHING WITH IMAGES

SHOT PUT Linear

2-MAKE THE "T" !



THE IDEA BEHIND THE PICTURE

The "T" position of the body is very similar to the form of the drawing "T" equerre.

TECHNICAL POINTS CONCERNED

- Get a well balanced position during the start routine
- Keep the upper body low
- Extend the throwing path as far back from the circle as possible

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SHOT PUT
Linear



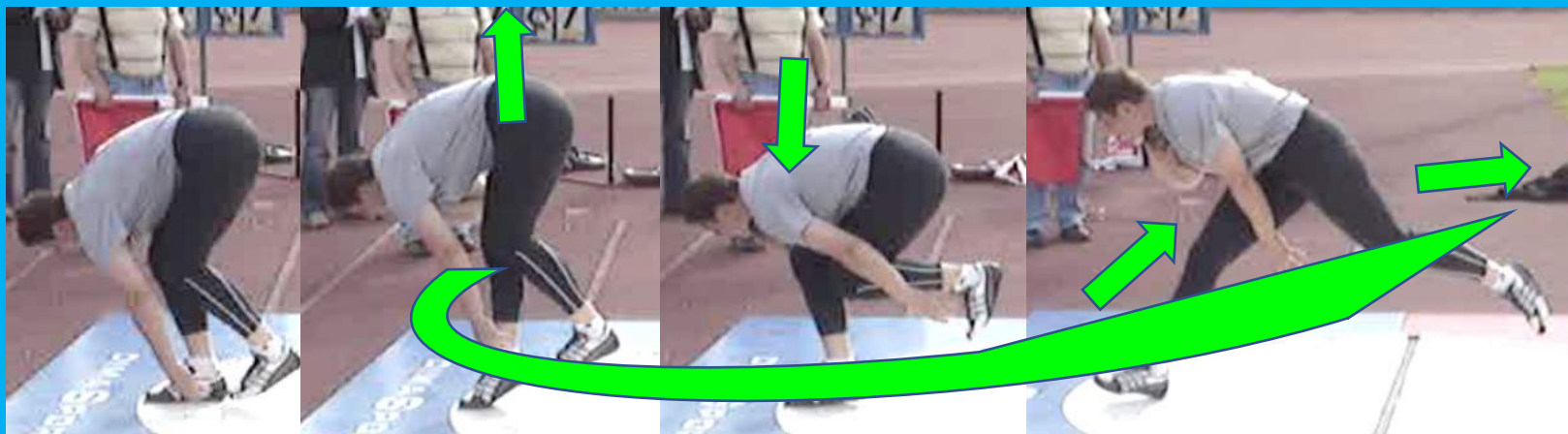
3-LET'S START ROCK AND ROLL ! (the rocking chair)

THE IDEA BEHIND THE PICTURE

The thrower's body is rocking and rolling over the right foot support

TECHNICAL POINTS CONCERNED

- Rolling action on the right foot to start from the heel using the gravity
- Extension of the throwing path

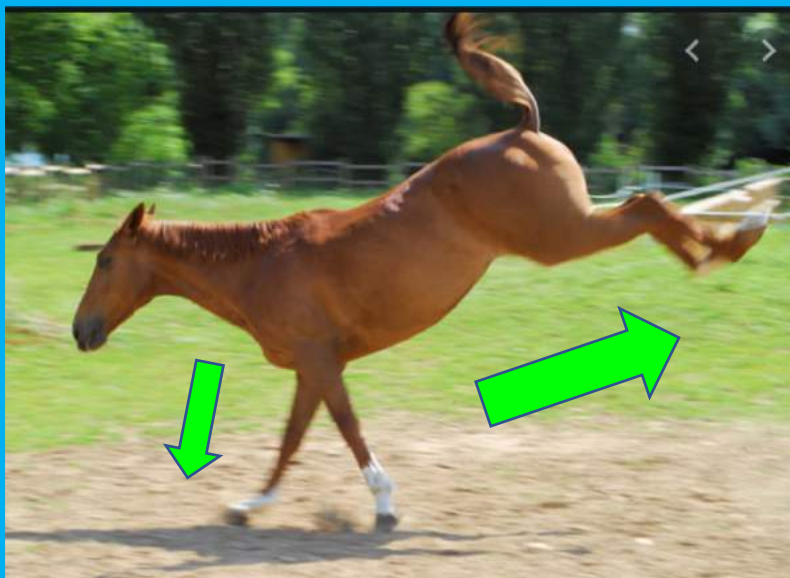


COACHING WITH IMAGES

SHOT PUT
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4-KICK BACK LIKE A MULE !



THE IDEA BEHIND THE PICTURE

The image is to give the idea of an active extension of the back leg ...like a kicking horse

TECHNICAL POINTS CONCERNED

-Active full extension of the free leg toward the stop board when the upper body and head are still over the right foot support

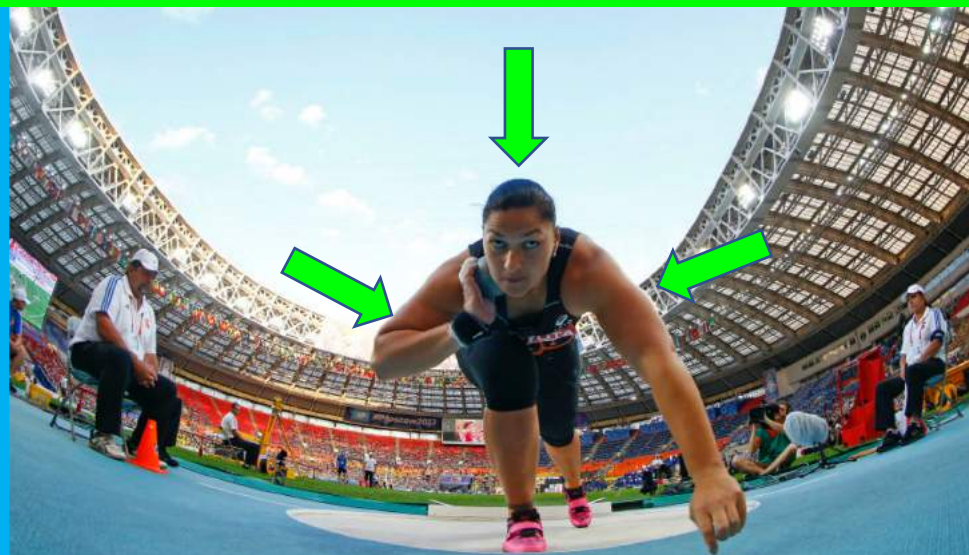
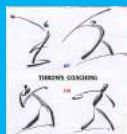
COACHING WITH IMAGES

SHOT PUT
Linear

5-SQUEEZE BACK IN THE TUBE !

THE IDEA BEHIND THE PICTURE

-You have to feel that you are squeezing back as far as you can inside some sort of tube



TECHNICAL POINTS CONCERNED

-No "popping up" with the head and upper body when getting into the glide
- Stay LOW

COACHING WITH IMAGES

SHOT PUT Linear

6-GO UNDER THE BAR ! The "Limbo" dance




**THE IDEA BEHIND
THE PICTURE**

Move backward
without popping
up and touching
the bar

**TECHNICAL POINTS
CONCERNED**

-No "popping up"
with the head and
upper body when
getting into the
glide – Stay LOW





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HAD FREE ACCESS TO ONE THIRD OF
THIS DOCUMENT !
THE FULL CONTENT IS ONLY AVAILABLE
TO MEMBERS**

**To become a member , follow the procedures
explained in the blog and you will have access TO
ALL the documents !!!**