

Clint Ramsey  
- Report

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U.S.A.

SHOT PUT

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RWANDA

I. General Comments on Coaching Field Events

- A. Emphasis on Coaching participation clinics, coaches learn by doing
- B. Coaches should emphasize fundamentals of event but details only as necessary and only as related to whole action
- C. Emphasize one fundamental a day, maybe from different angles
- D. Keep in mind that the throw begins with the first action at the back of the ring.
- E. The athlete must understand the whole action before the parts.
- F. Great athletes are aware only of the total action in competition. The athlete should gradually become aware of the parts of the event.
- G. Athlete that concentrates on "how, not how far" will increase distance.

II. The whole action of the putting the shot

- A. The force applied to the shot at the moment of release is the most important factor.
  1. All actions are channeled in a direct line and any deviation from this line results in loss of force.
  2. Continuity of movement is important; action begins slowly and accelerates. All jerks, pauses, and hesitations must be eliminated.
- B. The shot put drops at the back of the ring as the action begins and then continues in the same plane.

III. Essentials of Correct Form.

- A. Stance at the back of the ring
  1. Grip - all fingers behind shot for power or little finger beside shot for more control. Shot rests at base of fingers and high on thumb.
  2. Forearm is below shot with elbow bent 90°
  3. Eyes focused 6 feet back of ring, left hand relaxed and arm bent across midline of body.
  4. Head and shoulders drop straight down as left leg rises to initiate shift.
- B. Shift
  1. Line of back is almost horizontal as shift begins
  2. Shot rises very little on shift
  3. Shoulders remain at right angles to board with eyes still back
  4. Left foot is thrown low and hard against toe board about 4" to left of center.
  5. Heel of right foot is last to leave back of ring. (Some putters leave off of toes, usually those using less momentum.)
  6. Right foot must land under the center of gravity in center of ring. This is extremely important.
  7. Long extended push is preferred rather than short hop. Thrower usually lands flat-footed.
  8. Momentum is very important in shift but not more so than balance.
- C. Throw
  1. Left foot must reach toe board before throw begins.
  2. Eyes lift up and over at about 70°
  3. Shot is released at 40° and right hand follows line of shotWrist and fingers are flexed as ball rolls up fingers for release.



4. When left foot reaches toe board this is referred to as the "power position", driving up of right leg and rotation of hips are key to power
  5. The front foot doesn't leave ground until ball is released
  6. Shot is released when arm is at right angle to shoulder.
- D. Follow Through
- Chest high and eyes high, left leg should be in line with put
2. Body rotates, but not beyond line of put.
  3. ~~FROM~~ Fouling is more a result of imbalance than over extension
  4. Non fouling habits must be established in practice
  5. Lowering the center of gravity by bending right knee helps ~~PRE~~ prevent fouling.

#### IV. Organization of Practice

- A. Strength training should precede shot putting
  1. Strength training exercises gives way to relatedx exercises as competitive season progresses.
  2. After season starts strength is maintained rather than increased
- B. The main concern in practice during season is technique
- C. Warm up at least 15 minutes before throwing.
  1. Jogging, striding, sprinting
  2. Calisthenics
- D. Throw from front of ring without reversing
  1. Start in middle of ring eyes back, rt. knee bent 100°
  2. Drive up with right leg, then rotate up and over ~~right~~ left
  3. Eyes and head should be up at about 70°
  4. Extend hand and arm fully in direction of put, don't reverse
  5. Left hand relaxed, put shot at 40°, landing just to right of center line
  6. Emphasize upward drive of right leg and hip.
- E. Work on Skill- work on only one thing at a time and analyze each effort
  1. Effort at near maximum level but attention on proper technique, "How, not how far"
  2. Gradually increase the number of good form puts that can be taken in one day
    - a. Work with two shots and someone to throw them back
    - b. Should be able to take 30 puts in an hour when in shape
- F. Work for endurance, strength, speed, and skill
  1. Work on spurts of 10 puts at a time with short rest periods
  2. Take as many puts in a short period of time as possible
  3. Explode on every put
  4. Many times the best puts will come in this stage of practice

#### V. Hints for Competition

- A. ~~XXXXX~~ Parry O'Briens statement and reputation.
- B. Mental preparation requires as much practice and planning as do skills of physical technique
- C. A man throws with his heart as well as his power and skill
- D. Develop a routine for mental preparation and practice it
- E. Get ready early, allowing plenty of time for warm up and preliminary throws
  1. Important physically
  2. Important psychologically for you and opponents
- F. Concentrate on the action as a whole rather than details of technique  
Leave the details to the practice field
- G. Develop a positive attitude toward each effort

## VI. Weight Training

- A. Power = strength X velocity (velocity at the moment of release is what we are after)
- B. Program should combine strength training and velocity training
- C. A well rounded program will develop strength, explosiveness, endurance, and skill
- D. Shot Put and Hammer throwers need more strength while discus and javeline throwers need more explosiveness
- E. Research has shown that following 12 weeks of strength training, strength was almost completely retained for 12 weeks of low activity
- F. Begin with light weights and increase gradually, "train, don't strain"
- G. Power training must be planned; weight coach should teach proper techniques of each lift. Beginners should ~~take~~ take a heavy workout only once a week.
- H. Develop the basic muscle groups first with these six basic lifts
  1. Overhead press for back muscles, shoulders, and triceps
  2. Dead lift for back muscles
  3. Curl for biceps
  4. Bench press for upper arm triceps and chest
  5. Sit ups for abdomen
  6. Modified squats for legs
  7. This order should be followed so as to not work same muscle groups on successive lifts.
- I. Emphasize fast explosive action in all weight lifting
- J. Example of planned program
  1. Work with three sets, 10, 8, 6
  2. First set use 50% maximum and concentrate on all out speed
  3. Add weight for second set but still attempt maximum explosiveness
  4. Third set add more weight
  5. When 10 reps can be done on 3rd set increase all 3 sets by 20 pounds on large muscle groups or 10 pounds on others
- K. Imitative power exercises
  1. trunk knee upward ~~xxx~~ drive with barbell
  2. Imitate putting with dumb bell or pulley weights
  3. Wrist & finger curls.
- L. Trend in U.S. to use Olympic lifts exclusively explosiveness and strength in big muscle groups.
  1. Two arm clean and press
  2. Two arm snatch
  3. Two arm clean and jerk (split or squat)

