EFFECTS OF OVER-ROTATION IN ROTATIONAL SHOT PUTTING

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PROBLEMATIC PHILOSOPHIES AND MISUNDERSTANDINGS

• “Coach—it’s the spin technique, don’t I want to spin fast?”
• “It doesn’t matter what you do at the start, it’s all about getting into a good power position.”
OVER-ROTATION ISSUES

“Cause”

• “About face------kick!”
  – Too many souths...
  – Not understanding legs and torque

• “Late off left”
  – Over Active Upperbody
  – Passive lower body
  – Poor Balance and Alignment

“Effect”

• “Miss the middle”
• “Back the butt in”
• Power Position Problems:
  – Open power positon
  – Weight (CG) moves forward too quickly (cant stay back!)
  – **HIPS-NO TENSION**
A FEW POINTS TO KEEP IN MIND:

• It IS all about the “start!” The set up and initial movements of the rotational technique are what give the “finish” so much potential!
  
  – **Synergy:** “A result that is greater than the sum of its parts”

• Action-Reaction (Good or Bad...)
  
  – Balance – Posture - Alignment

• Initiate From the Ground Up

• Long Path

• Rhythm
ROTATION IS LIKE FIRE...

• “Fire can burn us or it can be a tool. It can warm us, give us light, cook our food…”

• So goes rotational forces in throwing....
  • We must learn how to control rotation and harness it’s power!
METHODS

• Whole-Part-Whole

• The Parts
  – Standing Throws
  – The “Wheel Drill”; aka Mirror Drill; aka ½ turn throw
  – South African
  – Full Throw and Variations

• The Whole
  – Parts are useful for teaching but the “throw” (“the whole”) starts at the wind up/set up!
METHODS: PHILOSOPHY

- In everything you do:
  - Work the Ground!
  - Maintain Balance and Control Rotation
  - Master the No Reverse-It reveals many faults
  - Put it all together
TECHNICAL POINTS, ANALOGIES, & CUES

• Wind up
  – Balance
  – Right to left? Start on left? Middle? Dynamic? Static?
    • Either way: GET LEFT! And create rotation around left
    • Establish connection with the shot-Begin feeling tension
    • “Hide the shot”; “Drag the shot”
TECHNICAL POINTS, ANALOGIES, & CUES

Left Leg/Left Side

• Open the Gate
• Fixed Axis (compass analogy); keys/string around the finger
• Load (turn-“screw”- the left foot into the ground)
• Think of your left side as a hinged gate or door: The left side opens to where the toe-knee-and left arm are aligned and pointing to 90 (9 o’clock or 3 o’clock)
• Stop the left (the action is to load open or clear the left side-not “spin” on it)
• Off left early! (push down sector line)

Right Leg/Right Side

• Push from the right early (Skateboard)
• Push actively from the right leg: out and around; maintain space between knees-lead with the inside of the thigh
• Low Right foot or high? (point of contention?)
• Keep right leg wide & lead with the inside of the thigh (it is not a reach!)
• The right will over take the left. This is key to the point of the hips getting turned; the heel comes around; hips have tension!
• You will come off the left early if you load it and are active with the right leg
**TECHNICAL POINTS, ANALOGIES, & CUES**

- Do you have to emphasize a wide right? No—some “squeeze” the right thigh closer to the left BUT every high level thrower works the right around the left!

- Learning from a hammer thrower: The right foot placement in the center happens correctly if left side set up and active right leg are “on point”!

- Which is better? A reactionary movement? Or a mechanical/deliberate one?

- Remember this: **WIDE---OFF EARLY!**
“ADVANCED” ROTATOR

8 years of discus experience; 5.5 years of rotational shot experience makes it look easy!
“INTERMEDIATE” ROTATOR

Some discus experience; Former Glider; More comfortable with linear movement; 2-2.5 years rotational shot experience
### CASE STUDY: A BEGINNER LEARNING THE ROTATION

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<td>• Former Glider</td>
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<tr>
<td>• Good Coordination</td>
<td>• Old Habits from Discus Technique</td>
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<tr>
<td>• Strength</td>
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QUESTIONS?

THANK YOU!

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