

THROWS VIDEOS AND DRILLS

<https://youtu.be/Tc6dbsP3Rmk>



[SHOT PUT DRILLS: Glide Progression](#)

www.throwbigthrowfar.com For throwers and coaches who want to get better. Become an ONLINE MEMBER today. SHOT PUT PROGRESSION DRILLS for the GLIDE SHOT PUT Sh...

[youtu.be](https://youtu.be/Tc6dbsP3Rmk)

<https://www.youtube.com/watch?v=EameKNzSXmc>



[SHOT PUT DRILLS: Glide 2](#)

Drills for Shot Put GLIDERS Glide to Power Glide to Power - Initiate RIGHT FOOT TURN Glide - Initiate - Open Glide - Finish 2 Glide Drill Thank You Erin and Tess!

[www.youtube.com](https://www.youtube.com/watch?v=EameKNzSXmc)

https://www.youtube.com/watch?v=fdurhVbsG_A



[SHOT PUT DRILLS: GLIDE 3](#)

A few more drills from gliders. Enjoy... Glide Shot Put Training Drills A Drill Stick Drill Power Position Rotation for Extension

[www.youtube.com](https://www.youtube.com/watch?v=fdurhVbsG_A)

<https://www.youtube.com/watch?v=dGuQthNOobo>



[The Power Position - Distance Killers in the Standing Discus Throw](#)

Throwing Smarter, Throwing Farther <https://bit.ly/2E1ZdZV> Step by step instructions <https://xpollinationproductions.com/discus-stand-throw/> This video looks at one of the most common distance killers in the standing throw (aka the power position) and addresses how to fix it. The concepts presented are absolutely essential to throwing far ...

www.youtube.com

https://www.youtube.com/watch?v=ePtObbk8c_0



[DISCUS Throw Pivoting drills by Didier POPPE.m4v](#)

Many throws coaches think that the Discus is the most difficult throwing event to coach. They may be right as the combination of Balance, Range of motion, Rhythm, Strength and Speed demands for the athlete a high level of coordination and skills and for the coach a high level of knowledge and experience. It is often said that it needs 10 ...

www.youtube.com

<https://www.youtube.com/watch?v=s772S3usAbE>



[Glide Shot put 101](#)

Glide Shot Put technique and drills

www.youtube.com

<https://www.youtube.com/watch?v=6nmhgVvXBQQ&feature=youtu.be>



[DISCUS DRILLS: Discus Progression - YouTube](#)

Discus throw drills: ENTRY DRILL SEQUENCE FOR DISCUS: WIND: SIT, SHIFT WIND 90* TURNS 180* TURNS 180* Step to Center Sweep to Center Sweep to Center w/Left foot push Sweep push to Power Sweep push ...

www.youtube.com

<https://www.youtube.com/watch?v=-59RP5WK5mM&feature=youtu.be>



[DISCUS DRILLS: Wheel Drill & Variations - YouTube](#)

The wheel drill is one of the more difficult drill movements in the discus and rotational shot put to

master. Here is the basic wheel or halfturn movement as well as several variations that should ...

www.youtube.com

<https://www.youtube.com/watch?v=HEVr7ZyOEMI&feature=youtu.be>



[DISCUS DRILL Sweep CONE to Power-Initiate - YouTube](#)

DISCUS DRILL: Sweep around Cone to Power - Initiate: I have my athletes do a lot of drills without implements to focus on the movement, rhythm and positions without worrying about distance all the ...

www.youtube.com