

2026 Nike Track and Field Clinic

*Teaching Progressions
and Fundamental Drills
for Shot Put Glide*

By Dave Cornell

1975 – 2017 The Dalles High and outlying schools

2017 - 2025 Lebanon High

22 Shot and Discus State Champs

19 Runner-ups

Over 40 – 3rd through 8th state places

Shot Put

- Key Take Aways:
 - I consider shot and discus to be two of the more technical events in track and field. It takes strength, quickness, power and above all technique to be successful.
 - As in learning any skill, bad habits are hard to break. It is difficult to unlearn hundreds of incorrect repetitions.
 - There is nothing a thrower can do in the back of the ring to make up for poor technique in the front of the ring.
 - My focus today will be mainly on the standing throw which is a critical step in learning the techniques for shot put glide.
- Athletes with potential for shot and discus:
 - Interested earlier in high school or middle school career but I have had successful seniors who placed 1st – 4th at state meet
 - Quickness with size and strength vs just size and strength
- Daily Practice:
 - 1 ½ to 2 hours – let the younger ones go earlier
 - 10 minutes of stretches
 - 75% first event and 25% second
 - Practice each event daily – 2nd event only technique
 - Facilities matter: I was fortunate to have 8 discus rings, 7 shot rings at The Dalles and several pits at Lebanon. All technique drills were completed on the track
 - *Work with your head coach, maintenance, boosters, anyone who will assist in increasing your practice area

Main Events:

- Do a couple events good vs several events average
- 1st and 2nd events majority of practice time

Techniques: Glide - Shuffle

- I am a firm believer in part to whole: must know what the power position and finish feel like

- Demonstration:

- Hand position, fingers not palm
- Push shot into neck, thumb down
- Point of release: 38 to 43 degrees
- Height comes from hips not lift
- Do not pull head away from SP during throw

- Drills:

- Finger snaps – fingers snap out
- Power position – heel toe, left arm back, relaxed left wrist – head up
- Power position – lift left foot – drop SP
- Power position to “C” position w/o SP – relaxed wrist – slow
- “C” position throws – no reverse – w/o SP – left arm block wide
- “C” position throws with SP – no reverse – w/reverse – left arm block wide
- Power to “C” throws – no reverse w/SP
- Power to “C” throws – w/reverse – 75% effort

- Glide Technique:

*What a thrower does in back of ring has huge impact on power position in front of ring”

- Don't drive off right leg – let hips fall (note: can be difficult for beginners)
- Speed comes from how quick thrower gets right leg under hips in power position
- Don't over kick or kick up – kick to the toe board – not over
- Hips fall – quick left foot
- Splits – hips fall – block left foot – left arm back
- Kick and fall to the toe board – leg under – not hip forward
- Drive hip up – don't rotate around hips
- Left arm block wide
- Only one kick – “don't pump the well”
- Fall to power – jump straight up

- Drills with hurdles or fence:
 - Both hands – quick heel toe
 - Both hands – hip up – don't rotate
 - Left arm sweep – hips up

- Drills with bungee cords, cone and pad:
 - Left arm back – shoulders square on glide – bungee on wrist
 - Quick leg under – shoulders square on glide – bungee on ankle
 - Heel snap w/ one cone
 - Left arm block w/pad

Common Errors:

- Left leg too high on glide
- Not letting hips fall
- Lifting shot – not putting
- Shot release – elbow down
- Hips forward instead of leg under – caused by not letting hips fall
- Not blocking left arm
- Not rotating heel, stops hip rotation (cone drill)

End of Practice:

- 3 throws hard – no scratches – must improve on 1st to get 2nd – NO scratches or done
- Only hard throws

*Technique can be boring but vital for improvement

Day of meet:

- Couple of laps
- Stretches
- Jump rope
- Technique drills out of ring
- Throws in ring – 3 to 4 – no reverse
- 1st throw – 75% w/no reverse

Q and A if time allows

