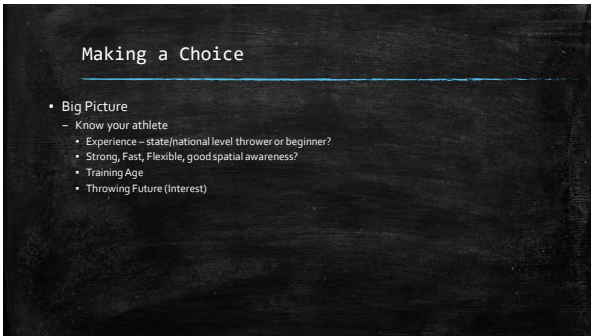
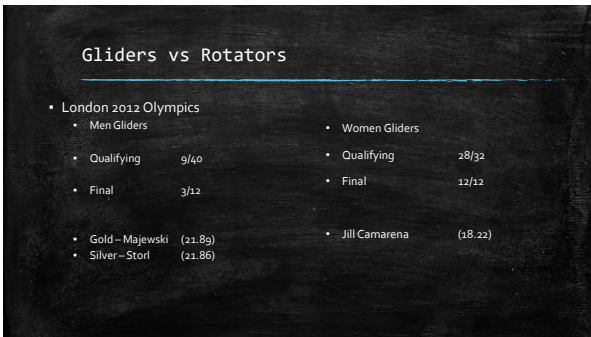


1



2



3

Gliders vs Rotators

- Moscow 2013 World Champs
 - Men Gliders
 - Qualifying 4/31
 - Final 2/12
 - Gold - Storl
 - Silver - Whiting
 - Bronze - Armstrong
 - Women Gliders
 - Qualifying 26/30
 - Final 11/12
 - Gold - Adams
 - Silver - Schwanitz
 - Bronze - Gong

4

Gliders vs Rotators

- Beijing 2015 World Champs
 - Men Gliders
 - Qualifying 5/31
 - Final 2/12
 - Gold - Kovacs
 - Silver - Storl
 - Bronze - Richards
 - Women Gliders
 - Qualifying 21/25
 - Final 11/13
 - Gold - Schwanitz
 - Silver - Gong
 - Bronze - Carter

5

Gliders vs Rotators

- Rio 2016 Olympics
 - Men Gliders
 - Qualifying 4/30
 - Final 3/12
 - Gold - Crouser
 - Silver - Kovacs
 - Bronze - Walsh
 - Women Gliders
 - Qualifying 29/36
 - Final 9/12
 - Gold - Carter
 - Silver - Adams
 - Bronze - Marlon

6

Gliders vs Rotators

- London 2017 World Champs
 - Men Gliders
 - Qualifying 2/35
 - Final 1/12
 - Gold - Walsh
 - Silver - Kovacs
 - Bronze - Zunic
 - Women Gliders
 - Qualifying 25/31
 - Final 8/12
 - Gold - Gong
 - Silver - Marton
 - Bronze - Carter

7

Gliders vs Rotators

- Doha 2019 World Champs
 - Men Gliders
 - Qualifying 2/35
 - Final 1/12
 - Gold - Kovacs
 - Silver - Crouser
 - Bronze - Walsh
 - Women Gliders
 - Qualifying 18/27
 - Final 7/12
 - Gold - Gong
 - Silver - Thomas-Dodd
 - Bronze - Schwanitz

8

Gliders vs Rotators

- Tokyo 2020 Olympics
 - Men Gliders
 - Qualifying 0/35
 - Final 0/12
 - Gold - Crouser
 - Silver - Kovacs
 - Bronze - Walsh
 - Women Gliders
 - Qualifying 9/32
 - Final 6/12
 - Gold - Gong
 - Silver - Saunders
 - Bronze - Adams

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Gliders vs Rotators

- Eugene 2022 World Champs
 - Men Gliders
 - Qualifying 0/30
 - Final 0/12
 - Gold – Crouser
 - Silver – Kovacs
 - Bronze – Awotunde
- Women Gliders
 - Qualifying 11/29
 - Final 2/12
 - Gold – Ealey
 - Silver – Gong
 - Bronze – Schilder

10

Why Glide?


- Simple
 - Easy to teach, easy to implement
 - Linear Based Movement
 - More widespread knowledge
 - Less margin of error (Cueing)
 - Consistency of Performance



11

Why Rotation?

- Complex Movement
 - Plays in a wider range of body types
 - Less reliant on strength, more on technique
 - Dual Application
 - Higher Ceiling
 - Longevity
- (High School Application)
 - More Recruitable



12

The Rotation (Right-Handed Thrower)

- Back (Entry is King)
 - Rotational Movement around the left axis
 - Level Shoulders, left working together out of the back
 - Sweep leg – Initiation and utilization.
 - Linear Drive (Sprint, South African position)
- Middle
 - Enter with sweep leg from linear drive to create Rotational force over right side axis.
 - Holding upper body position and creating separation
 - Left leg - utilization
- Front
 - Left Grounding
 - Shoulder Positioning
 - Rotational Force around left side block(Axis)

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Rotational Drills

- 360 drill Bars, Pipes, Broom Stick
- 360 Position drill
- Half Turn Drill (Wheel)
- Position Drill
- South African Drill Weights, Medballs, Vests
- Full to Power Position
- 360 to Full to Power Position
- Complete Full Positions beat speed everytime!!!

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Common Errors

- Ball Position
- Shoulders and Head
- Rotational Force vs Linear Force
- Rushing the throw... Timing/Rhythm (Slow to Fast)
- Sweep Leg Issues
- Delivery/Finish
- Overspeed – Again, Positions beat speed everytime!!!

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