

101 Shot Put Drills is a road map for learning optimum shot put technique. Through my 20-plus years of coaching at the collegiate level, we have successfully incorporated many of these easy-to-apply drills. This book marvelously explains and simplifies all of the major shot put components needed to achieve a high level of consistent technique. The comprehensive instructions provide a blueprint for teaching and learning how to throw safely and effectively.

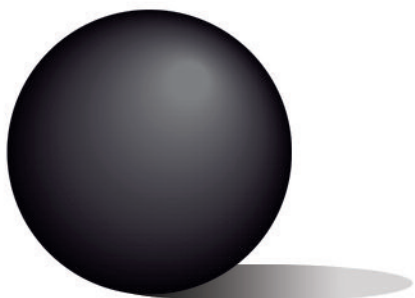
- Gary Aldrich
Associate Head Track & Field Coach
Carnegie Mellon University
USA Track & Field Men’s Shot Put Development Chair

This book takes a user-friendly, hands-on approach to providing a variety of drills to teach novice athletes and help advanced throwers improve their technique. After my 35-plus years of coaching throwers, it is fantastic to finally see all the drills a coach and athlete need in a simple, yet highly informative, instructional manual. This book provides an amazing resource and should be used by track & field coaches and athletes at all competitive levels.

- Bruce “Buzz” Van Horne
Head Track & Field Coach
Blackhawk High School (PA)

101 Shot Put Drills is an indispensable resource that should be in the library of every track & field coach. This book presents an easy-to-understand step-by-step drill progression for both the glide and rotation methods of throwing the shot. The drills are appropriate for beginner and advanced throwers alike. Your shot-putters will definitely improve by using the invaluable drills straightforwardly explained and detailed in this exceptional book.

- Mark Harsha
Throws Coach
Portage High School (IN)
National Throws Coaches Association Vice President



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