

Baryshnikov Technique / Spin Shot Put

This technique was first used by Aleksandr Baryshnikov in 1972 and was invented by his coach Viktor Alexeyev. It involves a spin just like Discus Throw with the help of rotational momentum for power.

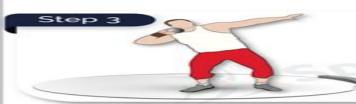
Steps to follow for "Baryshnikov Technique"

Step 1

In this technique the athlete stands side ways on to the marker, while bringing the supporting arm across body and bends the back knee sideways.



The leading arm rotates around the body as the free arm is straight with the back leg leaning further to get the maximum power.



As the hips thrust forward with the Shot Put touching the neck meanwhile the arm swings round to get prepared to push the Shot Put.



Now, push the Shot Put forward, using legs and shoulder power while landing over the previously bent leg with arms and body in rotation.

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Shot Putting

Michael Patrick Shiels, Michael Kernicki

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Biomechanics in Sport: Performance Enhancement and Injury Prevention Vladimir Zatsiorsky, 2008-04-15 Biomechanics in Sport is a unique reference text prepared by the leading world experts in sport biomechanics Over thirty chapters cover a broad spectrum of topics ranging from muscle mechanics to injury prevention and from aerial movement to wheelchair sport The biomechanics of sports including running skating skiing swimming jumping in athletics figure skating ski jumping diving javelin and hammer throwing shot putting and striking movements are all explained Heiko Strüder, Ulrich Jonath, Kai Scholz, 2023-04-01 This book is officially certified by World Athletics WA and is the most comprehensive guide on track adaptation and performance training control training methods and general training concepts The comprehensive training content also includes 96 games and exercises for coordination flexibility and strength development The book goes even further than training method by presenting comparisons of different disciplines history of training competition rules phase structure and technique all backed by sports science It is a textbook for all athletes coaches trainers and sports students and teachers from youth athletics to high performance training Also included is a foreword by WA president Sebastian Coe TRACK and FIELD Charles William Paddock, 1933-12-25 This is a wonderful rare Blast From The Past This volume will show lovers of amateur professionals sports alike all the insights of what Track and Field events were Really like back in the days where pretty much it all began in the 1920 s 1930 s When Charles Paddock aka THE CALIFORNIA FLASH wrote this book he brought ALL of his friends peers and even rival competitors to produce the perfect book He gives Exact details on how each event is performed to its maximum He gives person tips ideas on how to improve in any kind of athletics And since he won 2 Gold 2 Silver Olympic medals maybe he did something right back that he and the other World Class athlete's that helped compile this book This volume will show you everything from learning about Conditioning Team Work Diets Foods Training schedules Menu Endurance etc etc This would make a great gift for a coach student trainers history buffs Olympic historians or maybe for someone that likes true stories about American world history

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