

TO SPIN OR NOT TO SPIN



4 Hacks To Determine If You Should Spin Or Glide

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Should you spin or should you glide? This is the most common question we receive at Throws University. Based off of the countless athletes we have tested and observed, we have come up with some methods to determine the answer. So what are the best tests and how can an athlete or coach know when they should glide or spin? Here are 4 simple hacks to utilize when figuring out if you should spin or glide!



“Technical focus and consistency beats throwing style.”

One big mistake countless throwers make is to switch back and forth between the spin and the glide. Pick one technique and stick to it! Don't pick whichever one feels good on that day, but learn to deal with bad deals and adapt your movement to how you feel and to form better technique regardless of the distance!



1.

STANDING THROW TO SPIN:

We have had a ton of throwers come to us who have been gliding for several years and are wondering whether the spin is right for them. Often times there high school coach did not know how to coach the spin, or they tried it once and since it didn't go well initially they switched back. Almost every time we get a new thrower at Throws U, we have them attempt the spin. Here is the first criteria we use to determine if they should spin long term:

- 1. Have the athlete take three standing throws.**
- 2. Mark their second best standing throw and use this as an “average” distance marker.**
- 3. During the first training session, teach them to spin in the simplest of terms. Try to allow their body to teach themselves how to spin.**
- 4. If they take 30-50 throws and are able to beat their standing throw then they are SPINNERS!**
- 5. If it takes 2-3 weeks to beat that standing throw, they are still spinners, but it might take time to really click..**
- 6. If it takes longer than 3 weeks to beat that standing throw mark, they may still be a spinner, but that could be determined on some of the next steps**

2.

ARE YOU ABLE TO TRAIN FIVE DAYS A WEEK CONSISTENTLY?

Throwing is a technical sport. Spinning is even more technical than the glide as far as moving parts are concerned. It is important for an athlete to comprehend the investment and effort that it takes to develop the spin movement. If the athlete is able to train or drill 5 days a week, they are most likely CAPABLE of becoming a spinner. Remind them, spinning takes time and patience and technical comprehension is key to development.

**2-3
HOURS
A DAY**

**5-6
DAYS
A WEEK**

**YEAR
ROUND**

THROWING IS NOT A SEASONAL SPORT. IF YOU WANT TO BE THE BEST OUT THERE, YOU MUST PUT IN CONSISTENT TRAINING ALL YEAR ROUND!

3.

SPIN TO NON-REVERSE GLIDE COMPARISON:

If an athlete is interested in spinning, first determine how good their non-reverse glides are. In one session measure the average distance of their non-reverse glides. Since the non-reverse glide is a good determination of an athletes raw power, it is a good measurement to use to compare to the spin.

At the next practice and teach them the spin in the simplest of terms. Make the concepts easy to understand and allow the athlete to feel the movement. Now measure the average distance of their throws with the spin.

Find the average distance and notice a trend. Here is an example:

- 1. Non-reverse glides have an average distance of 50 feet.**
- 2. Average spin the first 1-3 days is around 47-49 feet.**
- 3. One outlier throw with the spin around 50-51 feet.**
- 4. Conclusion: If an outlier mark is past the average non-reverse glide, transfer them to spin for sure. Also if the average spin is within 92% or higher of the non-reverse glide, the individual should switch to the spin.**

4.

DO THEY WANT TO THROW COLLEGIATELY AND DO THEY LIKE TO THROW DISCUS?

This answer is a bit more forthright. Many high school athletes have dreams of throwing collegiately and developing into world class athletes. This is great to have dreams and goals but it is also important for the coach to instill work ethic and educate them on the value of patience and technical mastery. This will lead to a much faster development of a technically minded thrower.

If the athlete wants to throw discus AND wants to compete collegiately, they MUST spin. If they don't want to throw discus, they may still glide but in 99% of cases, if an athlete wants to compete at the NCAA level and be successful and they want to throw discus, they need to spin. The transfer of training of the shot put spin to the discus spin is optimal for development and will lead to greater results!

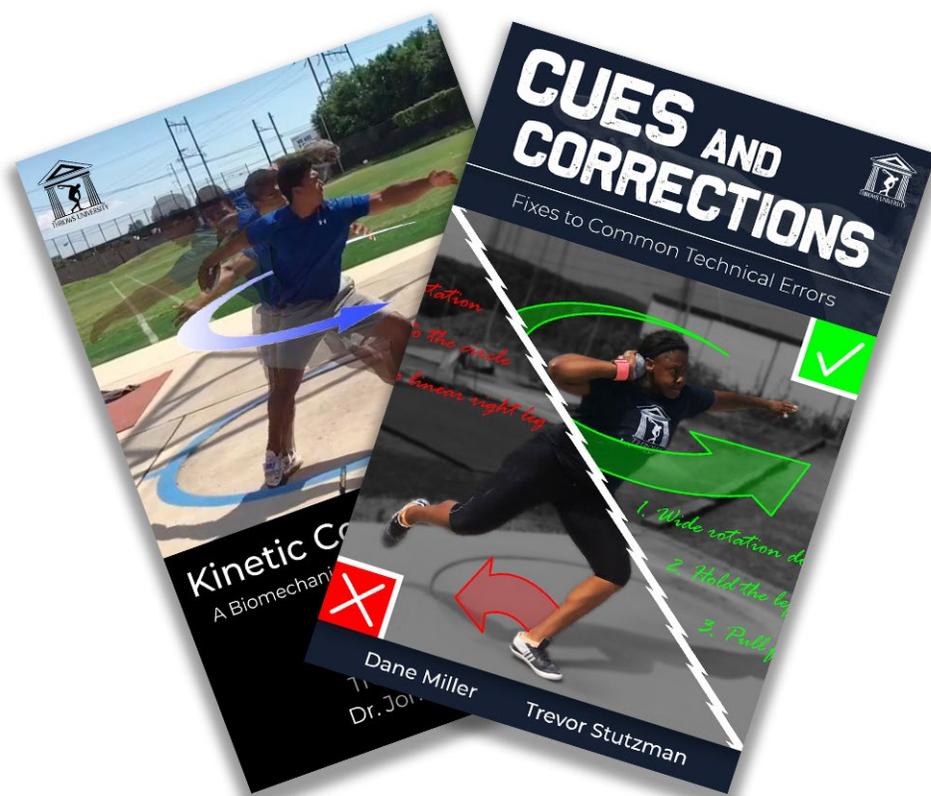
CONCLUSION

The last quick tip we will give that often gets overlooked and ignored is which technique to thrower actually WANTS to do. If a thrower wants to spin badly enough, they will commit the time and energy to learn and excel at it. If they are resistant to spinning and enjoy the glide, often times it is more productive to perfect their glide rather than force them into a technique they do not enjoy and risk decreasing their enjoyment of the sport in general.

Understanding whether or not to spin or glide is easier than most people make it out to be. The movements can be conquered if there is strict adherence to technical precision and movement goals are well described. If patience and technical mindset are taught, the athlete will develop rapidly based off proper principles and effective mindset!

WANT TO LEARN MORE ABOUT SPIN AND GLIDE TECHNIQUE?

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