

EUROPEAN SHOT PUT CONFERENCE



**CHASE
EALEY**

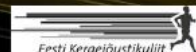


**ZANE
WEIR**

TALLINN ESTONIA



GLOBAL THROWING



EUROPEAN SHOT PUT CONFERENCE

PAOLO DAL SOGLIO

&

ZANE WEIR

«thinking less and feeling more»

Tallin (EST)

28-30 october 2022

COACH: PAOLO DAL SOGLIO

- Schio 29 July 1970
- Shot Put Athlete until 2004 (practise until 2016)
 - PB 21,23
 - Best result:
 - European indoor Champion 1996
 - Wood Medal at 1996 Atlanta
- Shot Put Coach from 2013
- Top performance:
 - 21,99 (Leonardo Fabbri, 21,54i)
 - 21,99 (Zane Weir, 21.67i)



Paolo Athlete history

- One coach from the start: Aldo Pedron
- One “supervisor – planner”: Peter Tschiene
- From Glide To Rotational technique (at 21 years old)
- Rotational technique: no information... Many experiments.



Paolo's coaching philosophy

First of all,
Before every training,
Before every project,
The most important thing is
TRUST
Between a Coach and Athlete
ALWAYS!



Respect for roles, Athlete is the athlete, Coach is the coach

Paolo's coaching philosophy

IN RELATION TO THE TECHNICAL MODEL

- Learn the technique first of all, until the movement becomes efficient and stable.
- You can have a good technique only if you are able to visualize your movement, damn clear and smoothly, from start to the end.
- Feeling is much faster than thinking!

THE ROLE OF THE ATHLETE

- Have total confidence in Coach and staff;
- Practise;
- Maintaining a healthy lifestyle out of “conviction” and not “compulsion”;
- Compete in competition, not in training....
- Respect the role of being an Athlete,....(youtube is a good resource, but full of pitfalls)

THE ROLE OF THE COACH

- Trust the athlete;
- Trust the staff;
- Coaching continuously;
- Motivate and stimulate with every workout;
- Seek and create the best conditions (peaceful environment);
- Quickly solve any type of problem;
- Maintain a good and constant relationship with the rest of the staff;
- Have a continuous comparison



THE ROLE OF THE COACH

After every training, competition or meeting

I like to follow these 3 rules:

- what went well?
- what can we improve?
- how we can improve?
(stimulus - goal for next time)



It is important to always find something positive!

ZANE WEIR



5° Olympics Games Tokyo 2021: 21.41

6° World Indoor Championships: 21.67

1° European Winter Throwing Cup: 21.99

- 27 years old
- South African born
- Honours in Finance and Accounting (Cape Town University)
- PB: 21.99 ('22) – 21.67i ('22)
- I always wanted to be a professional sports person
- Team: Fiamme Gialle

My Story

- 1995 Born into the rainbow nation South Africa
- 2002-2008 Foundation to sport and movement
- 2009-2013 The journey of refinement
- 2014-2018 Juggling act
- 2019–2020 The beginning of Shot Put as an obsessive pursuit.

ZANE

- Extremely kind person
- Coachable
- Incredibly explosive feet
- Body awareness
- Determined and focused
- Managerial mentality
- Believes and invests in goals
- High sense of respect for everyone



PAOLO

- Unconventional
- Emotionally intelligent
- Athlete centered
- Technically minded
- Approachable
- Creative



Sometimes things happen because they have to happen....

- January 13th 2020 → • We meet first time
- January 21st 2020 → • First competition
- March 3rd 2020 → • First time in Italy
- March 10th 2020 → • Lock-Down in Italy
- July 11th 2020 → • First Italian competition
- August 22nd 2020 → • First time over 20 mt
- September 20th 2020 → • 20.70 Wow!!



20.7 m

2020 – AMAZING YEAR

- What to do?!
 - I didn't know Zane's reaction in training.
 - How long does he take to recover?
 - How many throws per session can Zane perform?
- Covid!!!!!!
 - Lock-down.
 - Will Zane be able to stay focused in such a surreal moment away from home?

2020 – framework/structure training from March to June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Technique Throws	Gym work	Field work	Technique Throws	Gym work	Field work	Rest

Technique Throws: 20/25 analitic drills + 25/30 throws


Gym Work: 2 exercises for sessions bench press/squat – snatch/reverse bench

Field Work: Hurdles + funtional circuit

Zane's amazing 2020 season step by step

January 21 st	19,20
July 11 th	19,24
July 16 th	18,97
July 25 th	19,49
August 1 st	19,56
August 8 th	19,93
August 22 nd	20,12
August 30 th	20,31
September 20 th	20,70

Zane's Progression

• 2015	14.94	• 103 kg
• 2016	16.91	• 105 kg
• 2017	16.76	• 105 kg
• 2018	15.77	• 99 kg
• 2019	19.09	• 110 kg
• 2020	20.70	• 108 kg
• 2021	21.66	• 110 kg
• 2022	21.99	• 111 kg
2022i	22,70 ...but foul	

Zane's Competition Average (Best 10)

Average 2020	Average 2021	Average 2022 (until May)
20.70	21.66	21.99
20.31	21.63	21.67
20.12	21.41	21.65
20.04	21.32	21.50
19.93	21.25	21.40
19.81	21.20	21.07
19.63	21.11	21.07
19.59	21.05	21.05
19.56	20.85	20.92
19.49	20.46	20.87
19.92	21.20	21.32

ZANE

TEST IN TRAINING

- Full 7.0 22,20
- Full 6.75 23,00
- Full 6.25 23,70

- Overhead 7.26 21,70
- Frontal 7.26 19,40

- Stand long jump 3,33
- Sargent test 87 cm without shoes

Weekly Training Structure 2021

	October	November	December	January	February	March	April	May
Sessions	9	9	10	10	5 + competitions	5 + competitions	10	5/6 + competitions
Technique Drills	4 300		1 150	-	-	-	-	
Throws	-	4 210	3 210	5 200	2 60 + comp.	2 60 + comp.	5 220	3 80 + comp
Full throws kg ball		kg 7.5 – 7.75	Kg 7.0 – 7.25 - 7.75	Kg 6.25 – 6.50 6.75 – 7.0	Kg 6.25 – 6.5 6.750	Kg 6.25 – 6.5 6.750	Kg 6.25 – 6.50 6.75 – 7.0	Kg 6.25 – 6.5 6.750
Field work	3	1	2	4	1	1	2	1
Gym work	2	4	4	1	2	2	3	1-2
3 weeks training – 1 week rest								

Bench press & ½ Squat Pyramid (2 sessions per week)

- 1 8 – 6 – 4 4 – 6 – 8
 - 2 7 – 5 – 3 3 – 5 – 7
 - 3 6 – 4 – 2 2 – 4 – 6
 - 4 8 – 6 – 4 4 – 6 – 8
 - 5 7 – 5 – 3 3 – 5 – 7
 - 6 6 – 4 – 2 2 – 4 – 6
-

Technique

From...

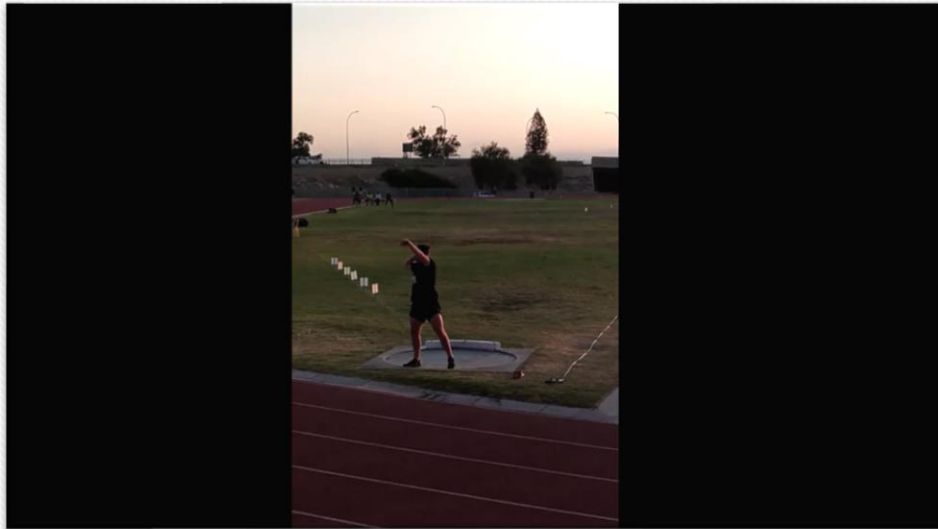


...to



Technique evolution

January 2020



March 2020



Technique evolution

July 2020



August 2020



Technique evolution

February 2021



May 2021



Technique evolution

September 2021



March 2022



ZANE!!!!!! STAY IN!!!!!!!!!!!!!!





THANKS FOR YOUR ATTENTION

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