

EUROPEAN  
SHOT PUT  
CONFERENCE



CHASE  
EALEY



ZANE  
WEIR

TALLINN ESTONIA



GLOBAL THROWING



COACH PAUL WILSON, GREAT BRITAIN  
CHASE EALEY, WORLD CHAMPION, USA





# WHAT WE WILL DISCUSS

- Who we are
- How the Partnership started
- The training we do
- Practical sessions we will be doing
- Where it began
- Where we are
- Where we are going....



## WHO IS COACH PAUL WILSON?

- Ex Discus thrower and rugby player since 1985, Injury ended career
- Qualified weights instructor since 1991
- Throws Coach from York, United Kingdom since 2005, Coached all the Throws to International Standard and Combined events. Coached athletes of all ages.
- I was a Club coach but now Coach 3 Athletes: Chase Ealey PB 20.51m, World Champion, Scott Lincoln PB 21.28m, Olympian and Commonwealth Bronze Medalist & Sophie McKinna PB 18.82m, Olympian.
- I work Full Time in Sales as well as Coach

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## WHO IS CHASE EALEY

- Chase started her career in Athletics as a Sprinter with a 100m PB of 11.9 seconds and doing other sports along the way (football, basketball, volleyball, softball).
- Chase enjoyed all the Throws but took up Shot Put in 2008 during her freshman year of high school
- Starting off as a glider she threw PB of 18.46m whilst throwing at Oklahoma State University
- She began throwing in Arizona as a professional with Arete Throws
- Then she saw the light and switched to Rotational with the guidance of Ryan Whiting in September of 2018



## WHERE DID THE PARTNERSHIP START AND WHY

- Training camp visit in January 2022 for a couple of weeks with Sophie McKinna
- Why the change of Coach
- What we did the first few weeks
- What I saw
- What Chase felt



# TRAINING, EARLY SESSIONS

- No Feeling
- Couldn't Stay in the sector
- Didn't know where she was in the ring
- Falls in the ring
- Tears of frustration as unable to Throw 18m
- POSITIVE: Chase started to believe
- A short conditioning phase
- New programming

# THE FIRST THROWING SESSION





# WHAT NOT TO DO TAKE 1



## WHAT NOT TO DO TAKE 2





## WHAT CHANGED DURING 2022

- Personal life became happy with Sophie and now fiancé Mitch.
- Better Environment home and work
- **Technical Changes:** Started with the Entry, The Spine, Left side
- A plan was in place with Targets
- Chase now had a Structure and Plan to follow
- Positive Mindset
- Most importantly, enjoying training again with a smile and support network
- Consistency is KEY

# ONE OF THE FIRST TECHNICAL CHANGES



# ROUND THE SPINE DRILL



# T AND LEFT ARM DRILL





# CHASE YEAR ON YEAR PROGRESSION

- 2012 – 14.40M
- 2013 – 16.01M
- 2014 – 15.59M
- 2015 – 17.39M
- 2016 – 18.46M
- 2017 – 17.79M
- 2018 – 17.78M      LAST TIME GLIDING
- 2019 – 19.68M      ROTATION BEGAN
- 2020 – 19.41M
- 2021 – 19.45M      LONG COVID
- 2022 – 20.51M



# WHAT I LEARNT ABOUT CHASE

- Chase is quite hyper at times but we control this by staying calmer
  - Passion
  - Athletic
  - Coachable
  - Determination
  - Communicates Well
    - Honesty
    - Ownership
  - Can Be Over Self Critical
  - Wants To Be The Best





## WHAT CHASE LEARNT ABOUT COACH PAUL

- Very calm demeanor, when I was in a volatile place and getting upset he would bring the crazy energy back down which ultimately helped me focus on the changes and training session
- No ego (he doesn't overwhelm our relationship with his ego)
- He has a unique way of wording things and doing common drills in a fresh way
- A strong ability to work technical struggles into all aspects of my training
- Overall Paul balances out my crazy with his calm so we can get more done
- Also he is very sarcastic and funny which makes training fun and less like a job



## 2022 INDOOR SEASON

- January: Manchester 18.49m, Norfolk 17.80m
- February: Iceland 19.21m, Vaxjo 19.20m, USA Trials 19.10m
- March: World Indoor Championships 20.21m, Silver, PB, AR=. What happened in the lead up and the day, what changed?



## 2022 WORLD INDOORS

- A couple of weeks leading to the Worlds Chase was nervous, Last Training session was good.
- Chase was ready in warm up but had we said wait..
- First couple of rounds were ok but missing the throw
- At the break after 3 rounds, Chase said I'm ready now
- Round 4 was a feeling throw after waiting nearly 45 minutes between prelim and the final round
- Round 5 20.21m although very left so could have gone further
- Silver Medal

THE 2022 SEASON  
WORLD INDOOR SILVER MEDAL 20.21M





## 2022 OUTDOOR SEASON

- May: Doha 19.51m, Halle 19.76m
- June: Hengelo 19.98m, Bislett 20.13m, Eugene 20.51m PB, Stockholm 20.48m
- July: Eugene 20.49m
- August: Chorzow 20.38m, York 20.08m
- September: Zurich 20.19m
- 2022 Outdoor season UNBEATEN, 10 Competitions, Average 20.15m, 7 in a row over 20m



# USA OUTDOOR CHAMPIONSHIPS

- Chase was in good shape and ready to throw far
- Great practice for the Worlds Champs
- Very hot
- Consistency
- Win and PB 20.51m

# USA OUTDOOR CHAMPION 20.51M PB





# WORLD OUTDOOR CHAMPIONSHIPS

- We targeted one and done in the qualifying
- Warm up area was very good but we had to reign it in
- We agreed round 1 to go for it and let everyone chase since she was first in the order
- Warm ups were big and I said, Calm down and reset as she was getting excited
- Round 1 Chase did what we wanted
- World Champion 20.49m



# WORLD CHAMPION 20.49M

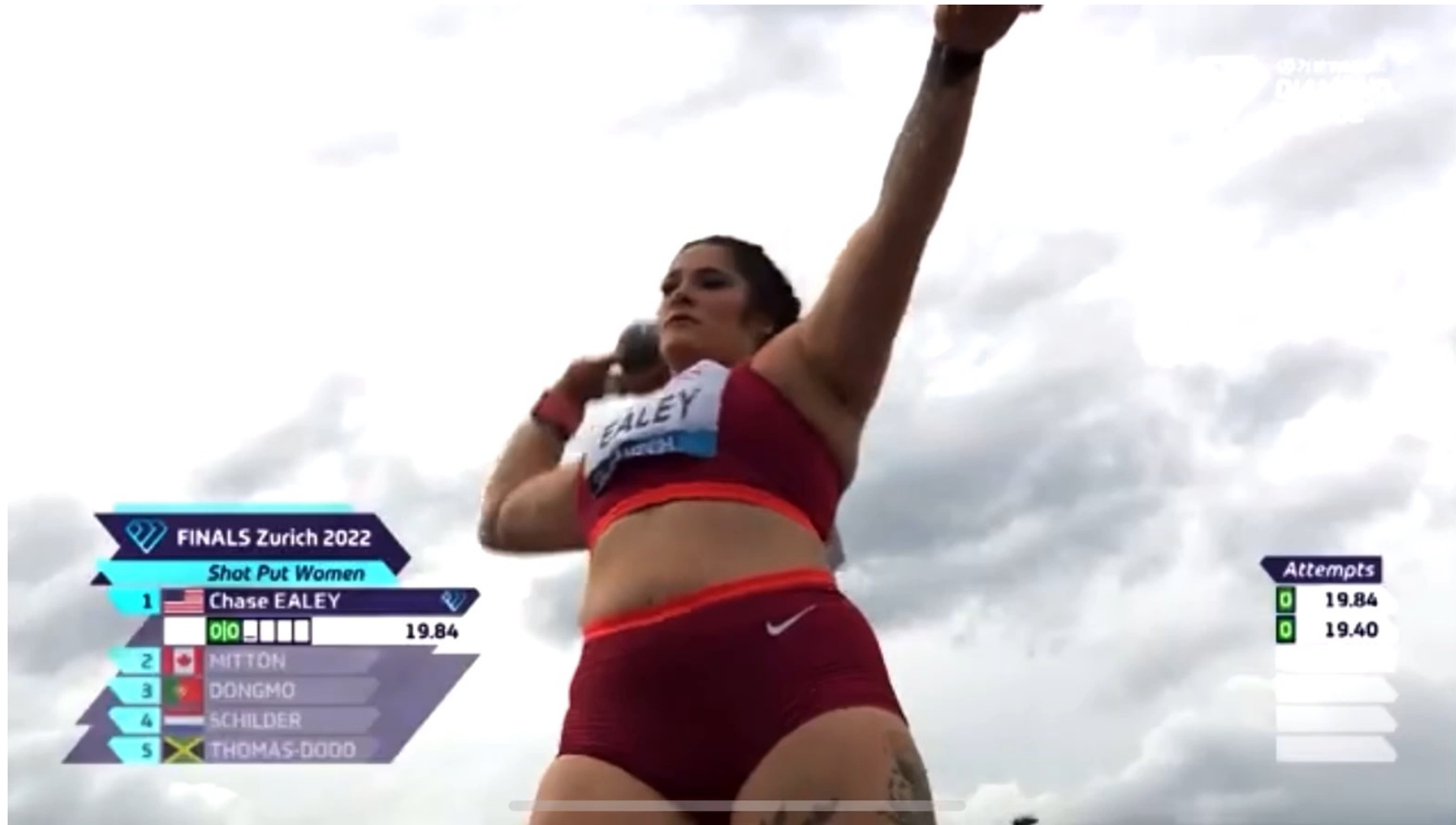




# DIAMOND LEAGUE FINAL

- After Chorzow we went to watch Sophie and Scott in Munich where Chase got injured
- How and Why? A mystery
- We worked around the foot for lifting, Chase wore a boot
- We did one technical session before Zurich
- Any other meet I would of withdrawn Chase
- A great spectacle to show Male and Female Shot Putters together
- Each throw Chase was feeling her way in
- Round 2 and Over 20m again for the win
- A great competitor

# DIAMOND LEAGUE CHAMPION 20.19M (ONE LEG)





WHAT DO WE DO??



# TRAINING WE DO

- Lifting
- Throwing
- Core Work
- Plyometrics/Speed
- Medicine Ball Work



# LIFTING

- 3 -4 sessions a week off season
- 1-3 sessions a week in season
- What lifts do we do? Clean/Snatch/Bench/Squat, Shot specifics
- What we work on? Speed over Weight
- Planning is 4-6 week cycles including de-load weeks
- Off season high reps and transition during off season to the season to lower reps, % changes
- We don't do a 100% rep Max, I decide when to stop
- Don't put the body at risk (minimise injury)

# A TYPICAL CYCLE OF TRAINING (SAMPLE)

Chase Ealey Comp Phase 1 Weights W/C 2/5/22 to 12/6/22

TRAINING WEEK BY START DATE		02-May	09-May	16-May	23-May	30-May	06-Jun
COMPETITIONS							
TRAINING BY DAY		AT/TL/P T/LR/R/ YTLR/R	AT/TL/PT /F/C/F/R	AT/TL/PT /F/SD/C/ F	AT/TL/PT /LR/R/YT LR/R	AT/TL/PT /LR/R/TL/ F	C/F/PT/L R/R/TL/F
		WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
DAY 1		SETS	REPS	WEIGHT			
REVERSE FLYES AND SQUEEZE	6	3					
BOX SQUAT TOUCH AND GO	6	3					
SNATCH PULLS X 3 THEN 1 X FULL SNATCH	6	3					
5 X BOUNDS THEN A BOX JUMP	6						
BENCH THEN PRESS UP CLAPS	6	3					
CHAINSAW PULLS WITH ROLL INWARD	6	3					
DAY 2		SETS	REPS	WEIGHT			
STOOD PUSH PRESS BEHIND THE NECK	5	5					
FRONT SQUAT X 3 THEN 1 X SQUAT AND PUSH PRESS	5	5					
SPLIT PRESS FOR SPEED REPS ARE PRE LEG	5	5					
FLYES BUT BENT ARMS NOT STRAIGHT & SQUEEZE AT TOP	5	5					
STOOD TRUNK TWIST WITH HIP DRIVE	5	5					
BENCH WITH PUSH DOWN AND DRIVE FROM HIPS	5	5					
DAY 3		SETS	REPS	WEIGHT			
INCLINE DUMBBELL PRESS	4	4					
NEIDER PRESS	4	4					
SHOT PUT PUNCH WITH A CATCHER USING LAND MINE	4	4					
BENCH PRESS FAST AND EXPLOSIVE	4	4					
SQUAT JUMPS WITH BANDS NO WEIGHT	4	4					
4 X CLEANS AND 1 X JERK	4	5					
<b>Aux: After 5-10 Min Rec, DO AFTER EVERY SESSION</b> <b>Fast Feet Front and Back then Ladders Side to Side both 3 x 20m, Bike: 30 Secs Fast, 30 Secs Slow x 6</b> <b>CORE: 30 Seconds Each. Plank, Reverse Plank, Side Plank x 2, Starfish</b>							

WC DATE	MON	TUES	WED	THURS	FRI	SAT	SUN
2/5 AM	ANCIL	THROW	PLYOS	LIFT	REST	YORK T/L	REST
PM	THROW	LIFT	THROW	REST	REST	REST	REST
9/5 AM	ANCIL	THROW	PLYOS	LIFT	REST	THROW LIFT	REST
PM	THROW	LIFT	THROW	REST	REST	REST	REST
16/5 AM	ANCIL	THROW	PLYOS	FLY	SHAKE DOWN	HALLE	FLY
PM	THROW	LIFT/HALF	THROW	FLY	SHAKE DOWN	HALLE	FLY
23/5 AM	ANCIL	THROW	PLYOS	LIFT	REST	YORK T/L	REST
PM	THROW	LIFT	THROW	REST	REST	REST	REST
30/5 AM	ANCIL	THROW	PLYOS	LIFT	REST	YORK T/L	FLY
PM	THROW	LIFT	THROW	REST	REST	REST	FLY
6/6 AM	HENGELO	FLY	PLYOS	THROW	ANCIL	FLY	SWEDEN
PM	HENGELO	FLY	THROW	LIFT	REST	FLY	SWEDEN



# THROWING

- Off season we go heavy up to 5kg for technique but don't throw until November
- We start with 2 sessions a week, then 3, then 4.
- In season the weight changes up and down
- I believe in Quality over Quantity and Feeling
- Drills - We work on drills for specific changes
- When the season begins the technique is set





# A TYPICAL THROWING SESSION

- **Off Season**
  - Drills, Changes to technique, Heavy Ball
  - 4-8 of each Stands, Non reverse Stands, Half turn non, Half Turn Reverse. Less Full turns
- **Pre Season**
  - Drills, Ball Weight drops
  - 3-4 of each Stands, Non reverse Stands, Half turn non, Half Turn Reverse. More Full turns
- **In Season**
  - Less reps of Stands, Non reverse Stands, Half turn non, Half Turn Reverse. More Full turns



# CORE WORK

- I believe in having a strong core like a tree
- Most days there will be a core session
- We do this to stay strong in the throw
- This include Medicine Ball work



# PLYOMETRICS

- Explosive Jumps
- Hurdle Drills
- Bounds
- Lunges
- Everything is Explosive and Reactive



# WHAT DOES CHASE WANT IN A THROW? TRAINING V COMP

- Training:
  - Consistent in the technical change being worked on
  - Pre meet training week I want feeling
  - Consistency in distance (whatever distance that is)
- Competition: Throws we do, prep etc



## WHAT WE LEARNT IN 2022

- This was a learning year for both of us
- Strengths and Weaknesses
- How to Train better together
- How to prepare
- How to compete



# OFF SEASON 2022

- This is where the hard work starts
- Technical Changes
- Conditioning
- What we want from the off season
- Maintain what we had but to improve



WHAT WE WANT TO DO IN 2023 - V - WHAT IS POSSIBLE



## WHAT WE WANT TO DO IN 2023

- Chase wants to remain unbeaten
- Break the USA Record
- Defend her USA title
- Defend her World title
- Throw over 21m and have a higher average



WHAT IS POSSIBLE IN 2023.....  
ANYTHING

