

# THE PERFORMANCE STRUCTURE OF REESE HOFFA

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*The following is a chart outlining the development of 2006 World Indoor Shot Put Champion Reese Hoffa's performance structure over the period 1998 – 2006. The information is useful to throws coaches interested in how a world class shot putter progresses throughout his development over the long term.*

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	1998	1999	2000	2001	2002	2003	2004	2005	2006
Age	20	21	22	23	24	25	26	27	28
Body Weight	122kg	126kg	128kg	129kg	130kg	133kg	133kg	136kg	137kg
16 lb (7.26kg)	19.07m	19.36m	19.79m	20.22m	20.47m	20.95m	21.67m	21.74m	22.11m
6kg	----	----	21.70m	22.30m	23.28m	----	----	23.53m	
14lb (6.25kg)	19.64m	----	20.56m	20.60m	21.29m	22.32m	----	----	
14 ½ lb (6.5kg)	----	----	----	----	----	22.62m	22.81m	23.08m	22.76m
15lb	----	----	----	----	----	----	----	----	22.26m
Standthrow	16.45m	16.80m	17.00m	17.35m	17.15m	16.70m	16.80m	16.40m	16.40m
Bench Press	189kg	200kg	210kg	213kg	215kg	3x195kg	2x200kg	220kg	3x205kg
Back Squat	227kg	227kg	----	253kg	3x227kg	3x227kg	2x237kg	250kg	5x227kg
Power Clean	143kg	150kg	160kg	168kg	160kg	3x150kg	2x160kg	4x160kg	3x160kg
Snatch	110kg	115kg	130kg	130kg	3x125kg	3x120kg	5x100kg	----	----
Push Press	150kg	2x150kg	2x160kg	180kg	180kg	2x180kg	4x160kg	----	4x160kg
40 yards	4.92	4.89	4.78	4.89	----	4.81	----	----	
Overhead(16 #)	15.55m	17.10m	16.58m	17.76m	18.19m	17.55m	----	----	18.31m
Standing LJ	2.60m	2.62m	2.75m	2.72m	2.80m	----	----	----	
Vertical Jump	60cm	63cm	65cm	69cm	71cm	71cm	----	----	75cm
World Ranking	----	----	41	28	32	9	5	3	?
US Ranking	----	----	5	6	7	5	3	3	?