

Introduction

The shot put is primarily a pushing action requiring speed, strength, suppleness and skill. The shot is thrown from a concrete circle, measuring approximately 2.1m in diameter. Throwers must leave the circle after the throw from the rear half. At the front of the circle, there is a 10cm high stop board. Any part of the thrower's body can touch the inside of this, but not the top. The shot put must land within a throwing sector spanning 34.92° and no part of the body may touch the ground outside the circle during the throw.

There are two main approach techniques: the linear glide and the rotational shot. Both are designed to maximise the space available at the back of the throwing circle in order to get the thrower into a powerful position with maximum momentum. The following model covers the basic technique for the standing throw, suitable for beginners and the basic technique for the linear glide and rotational throw, which can be taught to more advanced throwers. Both have been designed for a right-handed thrower and include teaching tips to improve performance.

Note that left-handed throwers should reverse the indicated instructions.



Teaching Points

Showing the correct technique before completing any of the activities is important.

Before using the regulation shot, students can begin by throwing an object that provides some weight e.g. cricket ball, foam or plastic shot. This provides opportunity to introduce a good technique and the safe procedures in readiness for the transition to the regulation model.

Competition weights for each age group are detailed opposite. Always begin to teach using lighter throwing implements, progressing to light medicine balls before using shots.

Boys	Weight
U 13	3.25kg
U 15	4.00kg
U 17	5.00kg

Girls	Weight
U 13	2.72kg
U 15	3.25kg
U 17	4.00kg

How to

The Grip

The shot should rest on the base of the first three fingers of the right hand.

These three fingers are evenly spread behind the shot, with thumb and little finger providing support on either side.

The shot is held under the chin and close to the neck with the throwing elbow raised.

Teaching tips

Tell students to think: 'clean palm, dirty neck' for where the shot actually touches the parts of the body.

Students should keep the wrist firm and in a neutral position to prevent the shot from coming out of the back of the hand.

Standing Throw

Participants should stand with the left foot to the board and the right foot at 9 o'clock in the centre of the circle.

The left toes should be in line with the heel of the right foot.

The shoulders should be turned away from the direction of the throw.

The left arm should be lifted high.

The participant should take the upper body low over the bent right leg, away from direction of throw. At this point the shot should be outside the heel of the right foot.

The throw should be initiated by turning the right foot and hip forwards and upwards.

Hips and shoulders rotate to the front and left side and arm brace against the rotation of the body.

Teaching tips

Encourage students to stay on the balls of the feet to enable the toes to turn ahead of the shoulders and shot.

Legs are used before arms.

Students should keep the right elbow high.

Movement is accelerating from slow to fast.

Keep shot tight into neck.

Delivery

The heel of the right foot and big toe of left should land in line.

The right foot turns under the body in an explosive rotation aiming for the hips to be ahead of the shot.

The body weight should transfer from the right leg to the left leg.

The left leg, shoulder and hip should block the rotation by extending and bracing.

The right arm extends after a full extension of the legs and trunk.

Teaching tips

The elbow should stay high at release.

Tell students to think about how they are using their legs.

Delivery and release should feel 'explosive'.

Encourage students to watch each other from the side to observe technical points.

Recovery

After the shot has been released the legs reverse position.

Upper body lowers as left leg swings back.

Teaching tips

Encourage students to stay active yet relaxed.

Ask students to leave circle in a controlled manner and from the rear.

How to (cont.)

Linear glide

The grip, delivery and recovery should be employed as per the standing throw.

Preparation

Participants should commence from an upright position at the rear of the throwing circle facing away from the direction of throw. The action at this point is one of style and personal preference. For instance, the participant could make a "T" position over the right leg or take the weight down over the right leg with both feet in contact with the ground.

The left leg should then be drawn in towards the body as the thrower lowers into a crouch position.

Teaching tips

Encourage students to think: 'clean palm, dirty neck' for where the shot actually touches the parts of the body.

Glide

The glide commences with the weight of the thrower's body shifting backwards and over the right heel.

Hips should 'fall' backwards and the left leg extends towards the stop board.

The right leg extends backwards and is pulled under the body to the centre of the throwing circle.

The thrower's body weight transfers to the ball of the right foot with the left foot landing almost simultaneously.

The left foot should land on the ball of the foot and be turned towards the stop board.

The shoulders stay square to the back of the circle.

Teaching tips

The shoulders stay towards the rear of the throwing circle. The action is a hop backwards on the right foot but this should not be an up and down movement. Ask students to think of almost dragging their foot over the surface keeping their trunk low on a bent supporting right foot.

Encourage students to turn their right foot to the middle so that the hips are open.

The position in the middle of the circle resembles the standing put position.

Start the glide slowly and really accelerate.

Ensure a continuous and smooth action.

Rotational Shot

This can be taught to appropriate individuals who favour a rotational action rather than a "straight line". The grip, delivery and recovery should be employed as per the standing throw. Rotational throws should be introduced at a later stage and only when very good control and technique have been achieved in the prior stages.

Preparation

The participant should stand facing the back of the circle.

The thrower should wind up by rotating the shoulder line clockwise while allowing the left toe and knee to point in toward the right knee. The left arm should come across the body.

The participant should put the right side (and the shot) back.

As the left arm sweeps left, all of the participant's weight should be put on the left foot, and the left knee should be bent to about 75° (just above parallel).

Eyes should be focused on the left hand.

The right hip should be driven forward across the circle, leading with the inside of the right heel.

The ball of the right foot should be placed down in the centre of the circle, and the left foot should land almost immediately.

Participant should pivot on the right foot and allow the right elbow to come up into the vicinity of the focal point of the eyes.

Teaching tips

Feet should be shoulder width apart, knees slightly bent.

Weight should be evenly balanced across both legs.

Left toes, knee, and arm must sweep and rotate left 180°, until they are all pointing down the left line.

The eyes should be kept focused on a point above the right sector line. The line of the hips (imaginary line through the body connecting the left and right hip) should be in front of the line of the shoulders.

The hip line should still be in front of the shoulder line, left foot should step down on the left sector line, with right foot fully "loaded" with a 75° knee bend.

It should feel natural to keep the right (pivot) foot turning in the centre of the circle from the final pivot step through the power position and delivery.