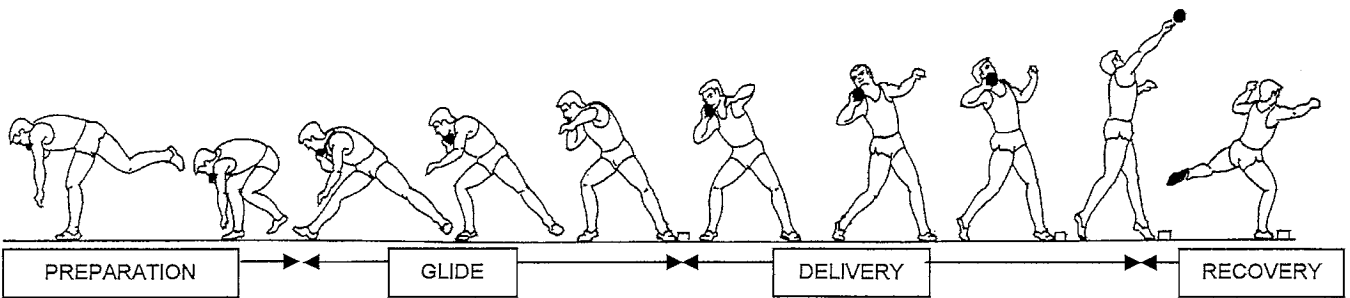


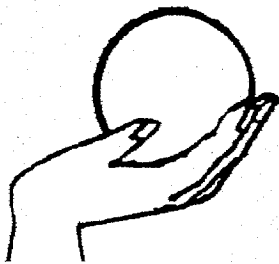
SHOT PUT – GLIDE TECHNIQUE



The Shot Put can be broken down to four different phases. Preparation/Glide/Delivery & Recovery.

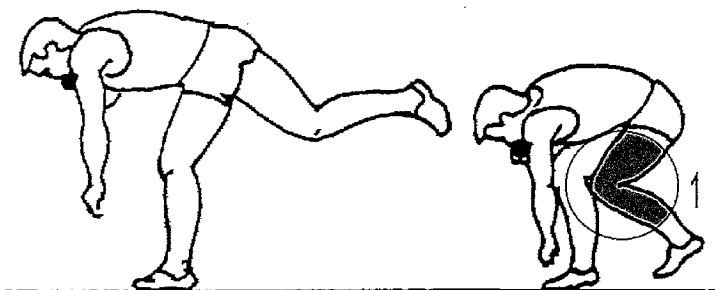
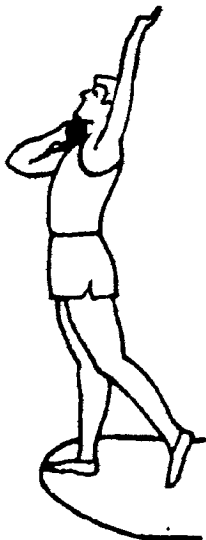
- **Preparation** – The thrower sets up correctly to commence the glide.
- **Glide** – The thrower and Shot Put are accelerated across the circle and prepared for delivery.
- **Delivery** – Additional velocity is applied to the Shot by a sequenced vigorous action of the body before release.
- **Recovery** - The thrower reverses feet position to avoid fouling.

GRIP & PLACEMENT



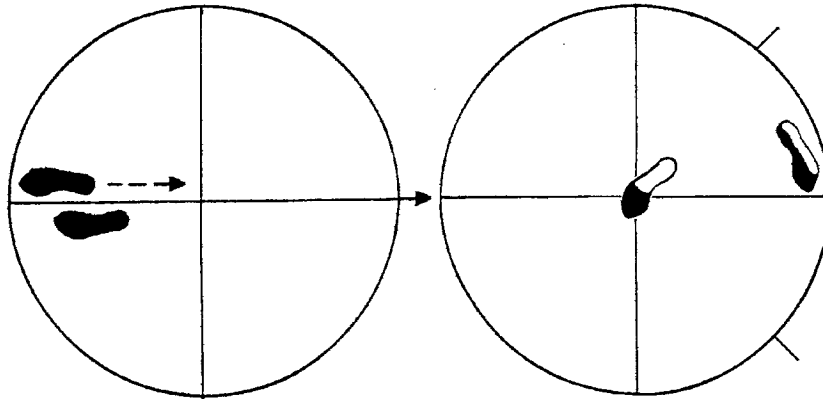
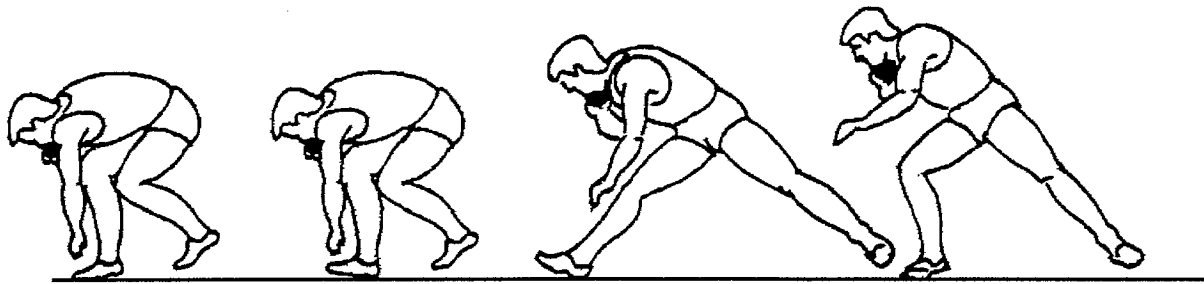
- The shot should be balanced in the fingers and should come to rest where the fingers meet the palm.
- The fingers should be evenly spread but still close together. The thumb rests gently against the shot.
- The Shot should be placed underneath the side of the jaw (in front of the ear)
- The hand presses the shot into the neck to support it in this position. The hand is behind the shot and not underneath it.

PREPARATION PHASE



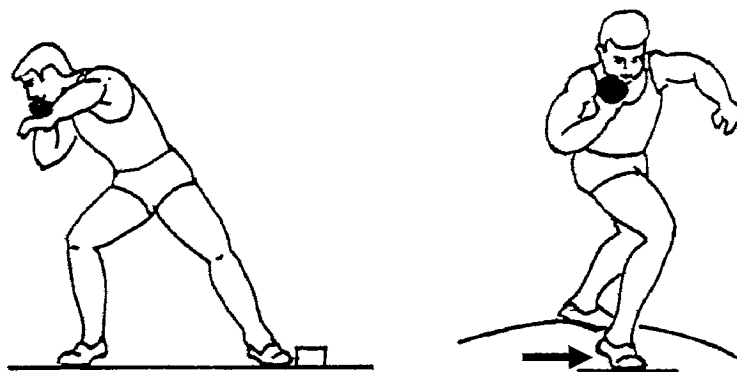
- Thrower starts in an upright position at the back of circle with their back to throwing direction.
- The trunk leans forward parallel to the ground and balance is maintained on one leg (single support)
- The support leg goes from a tall position to a bent position.
- The swinging leg goes from an outstretched position and then tucks back in behind the support leg.(1)

GLIDE PHASE



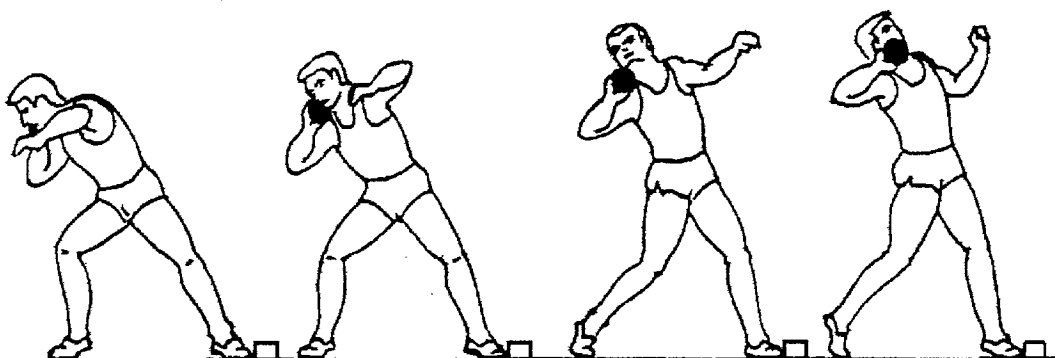
- Body- weight shifts from ball of right foot to heel and the body unseats backwards
- The free (left) leg is driven low towards the stopboard.
- Support (right) leg extends over its heel maintaining contact with the circle during most of the glide.
- Shoulders remain facing the rear of the circle during this action.
- The Right foot is pulled into the centre of the circle and lands on the ball of the foot.
- The right and left feet land quickly, one after the other.
- Left foot lands on the inside of the foot (see above diagram)

POWER POSITION



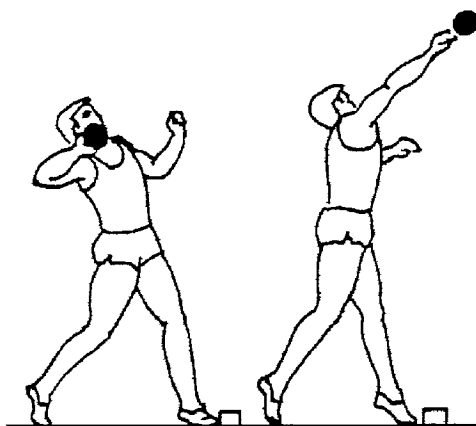
- Body weight is held over right foot
- Heel of the right foot and the Toe of the left foot are aligned.
- Shoulder line is behind the Hip line – This creates tension (torque) in the trunk
- Head and Left arm are still facing towards the back of the circle.
- Throwing arm / Right elbow is held out at 90° from trunk.

DELIVERY PHASE 2



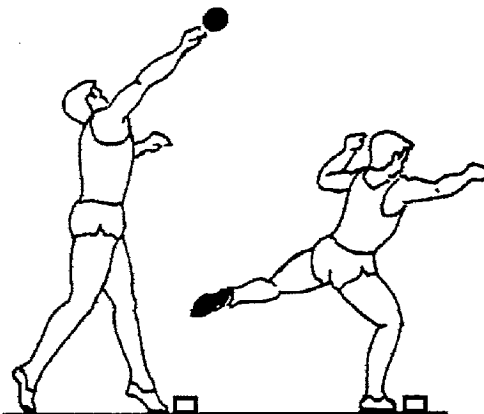
- When the right leg touches the middle of the circle, it immediately turns on the ball of the foot, pushing the knee towards the front of the circle – This action brings the hip to the front as well.
- Body weight is transferred from the right side to the left leg.
- The Left leg is driven hard downwards into the circle – this causes the body to extend upwards.
- The Hip action causes the trunk to Un-twist at speed
- When the chest faces the front, The left arm and left side of trunk are braced as hard as possible.
- The right elbow is raised and pushed forwards towards the sector.

RELEASE PHASE



- The arm strike is initiated after full extension of the legs and trunk.
- The left arm is braced and held close to the trunk
- The arm /hand is pushed out with the thumb pointing downwards.
- Feet contact should be maintained as long as possible (explosive leg action may cause legs to come off ground at release)

RECOVERY PHASE

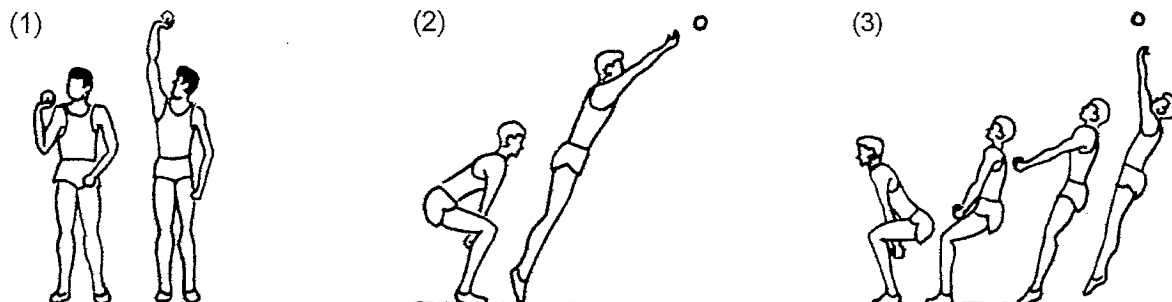


- The aggressive right leg/hip action will cause the right leg to come towards the front of the circle
- The legs both swap positions to prevent fouling.
- The Upper body turns 180° from the 'Power position' and will face out to the left side of the circle.
- The right leg lands bent at knees and the Upper body is lowered.
- To hold balance, Land on the heel of the foot and the eyes look downwards.

COMMON TECHNICAL ERRORS

- Movement is too fast at back of circle and no acceleration is created
- Landing in the middle of circle, Right foot is not in strong position under upper body.
- Landing in the middle of circle, the Upper body has raised too much in the middle of the circle.
- Landing in middle of circle, the left/right feet alignment is wrong preventing the hips from turning to the front.
- Release phase started by upper body instead of drive of lower body
- Release of Shot Put at too low an angle (too flat a flight) This can occur when the left leg does not push hard into the circle

STEP 1 Introduction



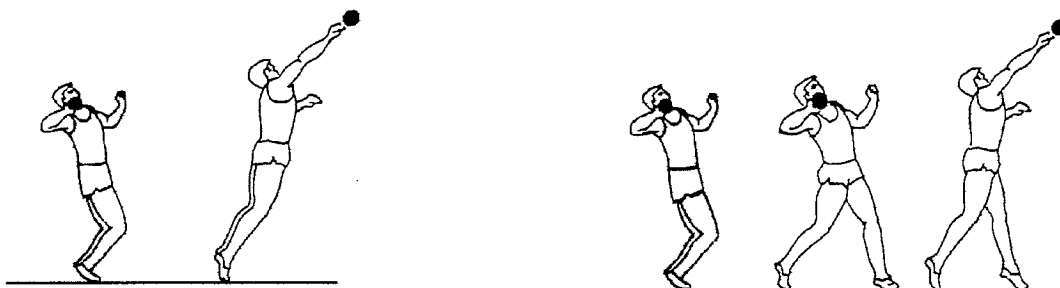
Introduce the shot, safety measures and grip.

- Slow extension or push upwards. (1)
- Forward toss. (2)

- Backwards overhead throw. (3)

OBJECTIVE: To get used to the implement and the basic putting movements.

STEP 2 Front Put

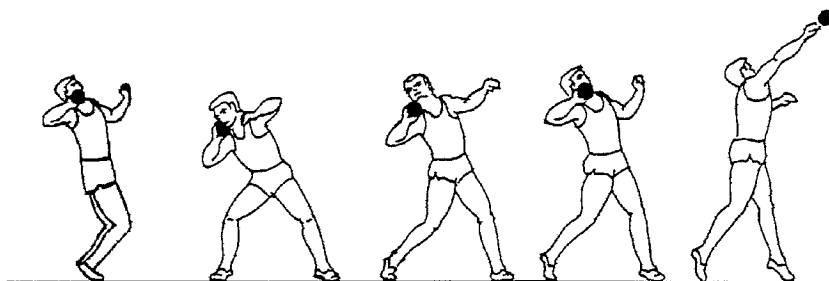


Stand with feet shoulder-width apart.
Wind up with bent knees, unwind and throw.

As for previous drill, but step forwards on to the balls of feet.

OBJECTIVE: To use legs for acceleration and learn the correct arm strike.

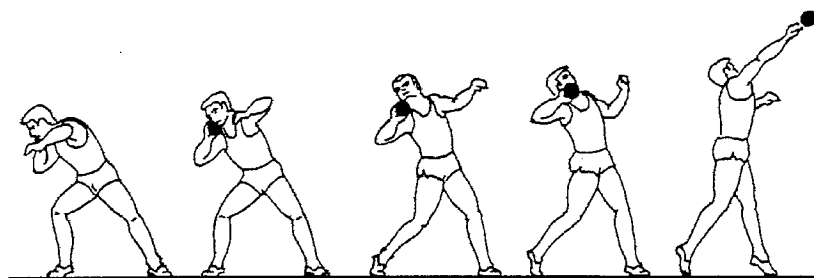
STEP 3 Put from a Step



- Begin as for STEP 2.
- Step forward, turn hip and shoulder against direction of throw.
- Continue with an immediate, twisting extension of the legs and hips.

OBJECTIVE: To develop the activity of right leg and blocking of left side (leg and trunk).

STEP 4 Put from power position



- Start with shoulders turned opposite the direction of the throw.
- Feet remain in position after throw; maintain ground contact (no recovery).

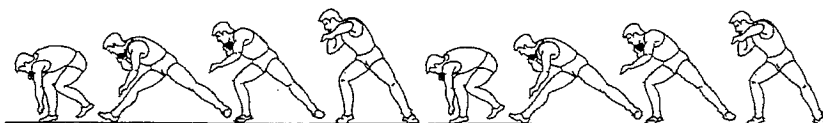
OBJECTIVE: To develop the activity of right leg; turn of the legs, hips, trunk and blocking.

STEP 5 Glide

(1)



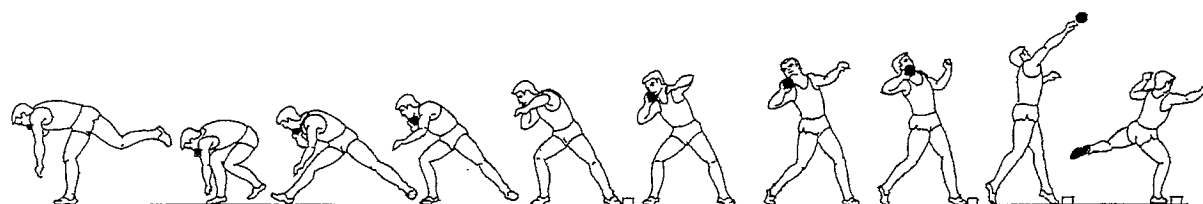
(2)



- (1) Glide with a partner holding the free arm.
(2) Continue glide along a line, stop in Power Position (without / with release).

OBJECTIVE: To develop the glide action of the legs and link the glide with the delivery.

STEP 6 Whole Sequence



- Perform without and with the shot, controlling and correcting the power position.
- Perform on different surfaces, with eyes closed, different implements (e.g. medicine balls) and different shot weights.

OBJECTIVES: To link the phases into a complete movement.