



Overview: Shot Put

Shot Put requires the athlete to put the shot as far as possible. A combination of strength, power and speed will propel the shot further. The ability to accelerate the shot faster depends on the amount of force (speed) the athlete can apply, using strength and power.

There are three primary styles of putting the shot:

- Standing put
- Slide
- Gliding put

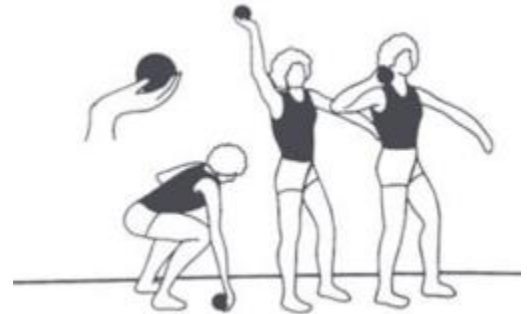
Shot Put Key Skills Checklist

YOUR ATHLETE CAN
Hold shot in throwing hand. Spread fingers around shot
Balance shot with thumb and little finger
Place shot against neck, below ear, with palm turned out
Keep elbow away from body
Standing Put
Stand with feet just wider than shoulder width near toe board. Face perpendicular to toe board
Keep shoulders parallel to direction of throw
Step back and bend back leg, keeping back straight
Turn upper body 90 degrees away from direction of put
Drive hips and chest counterclockwise toward direction of put
Extend throwing arm and keep thumb down. Snap wrist and fingers outward, releasing shot.
Sliding Put
Stand in middle of ring. Face perpendicular to toe board.
Lower upper body. Flex back leg to quarter squat.
Lift front foot and extend forward. Slide body toward front of circle.
Keep back leg flexed, with body perpendicular to throw's direction.
Rotate back leg and extend body upward. Force hips in throw's direction
Thrust chest forward and extend both legs
Transfer weight to left leg
Extend right arm and push shot with fingertips
Extend throwing arm and keep thumb down. Snap wrist and fingers outward, releasing shot.
Gliding Put
Stand at rear of circle. Face away from toe board.
Place power foot in front. Have ball of other foot on throwing surface.
Hop backward. Turn both feet 90 degrees counterclockwise until parallel to toe board.
Land on both feet simultaneously.
Rotate and raise trunk upward. Begin turning feet 90 degrees toward throw's direction.
Transfer weight from right to left foot. Pivot both feet and knees toward direction of put.
Keep right elbow away from body, extend right arm
Extend throwing arm and keep thumb down. Snap wrist and fingers outward, releasing shot.



Coaching Points - Gripping the Shot Put & Ready Position

1. Hold shot with both hands.
2. Place shot in throwing (right) hand and spread fingers around shot.
3. Do not rest or allow the shot to drop into palm of hand
4. Place thumb and little finger wider apart for balance and support.
5. Raise shot above head, wrist flexed backward.
6. Shot is supported by thumb and little finger on sides. The majority of weight is on other fingers
7. Bring arm down, place shot against neck, below ear, with palm turned out.
8. Elbow is away from body and must stay behind the shot.
9. Apply pressure against neck to support shot.
10. Shot must not fall below the level of the shoulder or be behind the shoulder during the put.



Coaching Points – Standing Put

1. Take ready position. Take a wide stance near the toe board. Stand perpendicular to the direction of throw. The left shoulder at front of the ring.
2. Shoulders are parallel to direction of throw.
3. Left arm (non-throwing arm) is relaxed and extended in front of body.
4. Step back and bend right leg, keeping back straight.
5. Turn upper body 90 degrees away from direction of put.
6. Body weight is over bent right leg.
7. Drive hips and chest counter-clockwise toward direction of put.
8. Extend right arm and snap fingers, releasing shot.





Coaching Points – Sliding Put

1. Take ready position. Take a wide stance near the toe board. Stand perpendicular to the direction of throw. The left shoulder at front of the ring.
2. Lower upper body and flex right leg to quarter squat
3. Lift left foot and extend it forward, sliding body toward front of circle.
4. Right leg remains flexed. Body is perpendicular to direction of throw.
5. Rotate right leg. Extend body upward to force hips around to direction of put.
6. Thrust chest forward and extend both legs.
7. Transfer weight to left leg and emphasize a strong leg push.
8. Extend right arm and push shot with fingertips.
9. Release shot, right arm extending in direction of put.

Coaching Points – Gliding Put

1. Take ready position. Stand at rear of circle, facing away from the direction of put. Keep weight is on right leg.
2. Place ball of left foot on throwing surface.
3. Hop backward powerfully. Turn both feet 90 degrees parallel to toe board. Note: The right leg provides most of the gliding force.
4. Glide in a balanced position from the back to the center of the circle.
5. Land on both feet simultaneously.
6. Rotate and raise trunk upward. Feet should begin to turn 90 degrees toward direction of put.
7. Transfer weight from right to left foot. Pivot both feet and knees toward direction of put.
8. Keep left toe close to throwing surface during extension, and ground the foot quickly.
9. Drive to toe board with left foot. Do not hop.
10. Keep right elbow away from body. Extend right arm forcefully.
11. Keeping thumb down, put the shot and forcefully snap the wrist and fingers outward.
12. Extend beyond toe board to improve release point

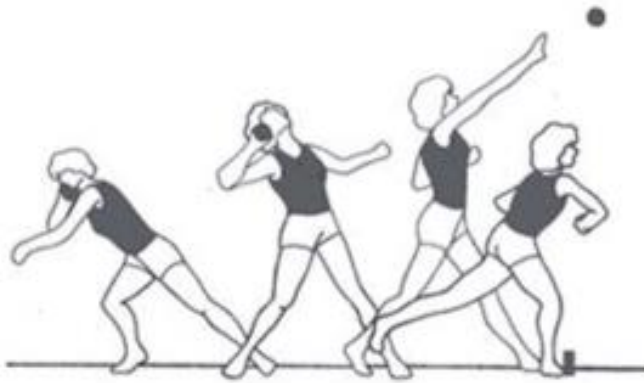




Coaching Points – Advanced Skill Reverse Shot Put (Weight Transfer)

This technique does not include a “reverse” movement. This is a technique for advancement athlete where the athlete is able to “follow-through” after the shot is put and rotate their body to gain additional power. This power can translate into a greater distance. The Reverse shot put is a rotational movement.

1. After shot is put, right arm continues past body to the left.
2. Left arm continues back around body.
3. Switch feet - right foot moves toward toe board, and left foot moves to the back.
4. All of weight is on right leg.
5. The athlete should finish the throw facing the opposite side of the circle and should take care not to watch the shot as it is released. Watching the shot may cause their momentum to carry their body and foot over the front of the circle resulting in a foul throw.



Coaching Points – Finishing the Throw

After an athlete has fully complete their put, it is important they exit the throwing circle correctly.

1. Athlete should be stable and balanced before moving out of the circle.
2. Athlete should exit to the rear (back half) of the circle.