



Training Drills for Shot Put

Note that drills may use shot puts or use a soccer ball, basketball or light medicine ball for drills involving throwing. Throwing can be from behind the head, between the legs or around the side of the body. It is important to assess your athletes' skill levels correctly and ensure the safety of athletes and others while performing drills.

Drill 1	UNDERHAND TOSS	Purpose	Warm the body up properly for any shot put practice or competition
Reps:	10 throws	When to Use	Warm-up, in throwing ring
Teaching Points			
<ol style="list-style-type: none"> Stand facing landing area. Hold shot in front of body with both hands. Bend knees and throw shot up and out, away from body, using an underhand toss. 			
Points of Emphasis			
<p>Good extension of arms and legs Deep squat, with explosive drive up through hips</p>			

Drill 2	CHEST PASS	Purpose	Warm the body up properly for any shot put practice or competition
Reps:	5-10 throws	When to Use	Warm-up, in throwing ring
Teaching Points			
<ol style="list-style-type: none"> Stand facing landing area. Hold shot with both hands with fingers behind shot. Push shot out like a basketball chest pass. 			
Points of Emphasis			
Good arm extension			

Drill 3	GLIDE TO MEDICINE BALL	Purpose	Develop efficiency in extending leg toward the toe board
Reps:	5-10 glides	When to Use	Integrate into entire technique as soon as possible.
Teaching Points			
<ol style="list-style-type: none"> Place medicine ball at center of throwing circle. Take forward straddle position, facing back of throwing circle, with shot in throwing position. Bend the throwing-side knee, transferring weight over knee. Non-throwing leg is relaxed and extended; arm is out to the side. Drive non-throwing leg toward body. Push and glide back toward medicine ball with non-throwing foot. 			
Points of Emphasis			
<p>Low efficient leg extension – ball is pushed directly forward Focus only on leg action and weight transfer.</p>			



Drill 4	PUTTING FOR DISTANCE	Purpose	Develop complete putting action Develop explosive power in putting action
Reps:	5-10 throws	When to Use	Once technique work begins.

Teaching Points

1. Push ball from as far back behind body to as far forward as possible.
2. Drive up onto toes and push forward with body.
3. Release ball so that arms are fully extended in front of body and above head.

Points of Emphasis

Use whole body in this action, not just arms.
Complete arm extension
Weight behind body

Drill 5	PUTTING FOR HEIGHT AND DISTANCE	Purpose	Develop complete putting action Develop explosive power in putting action
Reps:	5-10 throws	When to Use	Once technique work begins.

1. Stretch a rope between two high jump standards, 2M above ground.
2. Stand behind rope and put ball over rope.
3. If successful, take two steps back away from rope and repeat.

Points of Emphasis

Use whole body in this action, not just arms.
Complete arm extension
Weight behind body

Drill 6	GLIDE DRILL	Purpose	Warm the body up properly for any shot put practice or competition Develop powerful and explosive glide action
Reps:	5-10 glides	When to Use	Warm-up, in throwing ring

Teaching Points

1. Stand with feet parallel in back of circle.
2. Using a normal glide, drive backward off left foot.
3. Land in power position.
4. Rotate hips and feet on drive back.
5. Keep shoulders square to back of circle, opening up left foot and hip



Points of Emphasis

Quick driving action to power position
Good rotation of hips and feet to power position



Drill 7	WEIGHT TRANSFER – STANDING THROW	Purpose	Develop effective use of the legs
Reps:	5-10 throws	When to Use	Limited use – integrate into entire technique as soon as possible
Teaching Points			

1. Take straddle position with shot in throwing position.
2. Bend the throwing-side knee, transferring weight over foot.
3. Non-throwing leg is relaxed and extended; arm is out to the side.
4. Shoulders are parallel to ground.
5. Drive weight up and out from throwing side.
6. Rotate hips, transferring weight behind shot release.
7. Thrower is facing direction of throw upon release of shot put.



Points of Emphasis

Hip rotation progressively increases with proper weight transfer Focus only on leg action and weight transfer

Drill 8	PUSH-THROW WITH THE BALL	Purpose	Develop putting arm action Develop coordinated body leg movement
Reps:	10-20 throws	When to Use	Early in season – technique work.
<ol style="list-style-type: none"> 1. Throw tennis ball against wall with a pushing or putting action. 2. Use body to make throw and extend legs. 3. Push ball with fingertips. 4. Catch ball on rebound from wall and repeat. 			
<p>Putting ball, not throwing ball. Getting body weight behind put Extending legs</p>			

Drill 9	PUSH-PUT THE BALL WITH PARTNER	Purpose	Develop putting arm action Develop coordinated body and leg movement
Reps:	10-20 throws	When to Use	Early in season. Technique work
<ol style="list-style-type: none"> 1. Partners stand facing each other, 2-3 meters apart. 2. Push ball to partner with one- or two-handed push pass. 3. Step toward partner with left leg if throwing with right arm. 4. Keep elbow of throwing arm at shoulder height. 			
<p>Putting ball, not throwing ball Do not use a real shot Get body weight behind the put Extend legs</p>			