

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		Purpose	Warm the body up properly for any shot put
	UNDERHAND TOSS	1/2//	practice or competition
Reps:	10 throws	When to Use	Warm-up, in throwing ring
Teaching	Pointe		· · · · · · · · · · · · · · · · · · ·

- Stand facing landing area.
- 2. Hold shot in front of body with both hands.
- 3. Bend knees and throw shot up and out, away from body, using an underhand toss.



Points of Emphasis

Good extension of arms and legs

Deep squat, with explosive drive up through hips

Drill 2		Purpose	Warm the body up properly for any shot put		
	CHEST PASS		practice or competition		
Reps:	5-10 throws	When to Use	Warm-up, in throwing ring		
Teaching P	Teaching Points				
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					
 Place medicine ball at center of throwing circle. 					

- 2. Take forward straddle position, facing back of throwing circle, with shot in throwing position.
- 3. Bend the throwing-side knee, transferring weight over knee.
- 4. Non-throwing leg is relaxed and extended; arm is out to the side.
- 5. Drive non-throwing leg toward body.
- 6. Push and glide back toward medicine ball with non-throwing



Points of Emphasis

Low efficient leg extension - ball is pushed directly forward Focus only on leg action and weight transfer.



Drill 4		Purpose	Develop complete putting action
	PUTTING FOR DISTANCE	·	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		Purpose	Develop complete putting action
	PUTTING FOR HEIGHT	-	Develop explosive power in putting action
	AND DISTANCE		
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.

Quick driving action to power position

Good rotation of hips and feet to power position

Complete arm extension

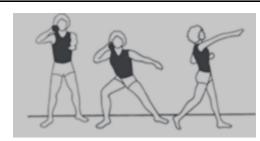
Weight behind body

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		
in back 2. Using drive be foot. 3. Land if the drive be to back opening hip	shoulders square k of circle, ng up left foot and	RR	
Points of	f Emphasis		



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

- 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.

Putting ball, not throwing ball. Getting body weight behind put Extending legs

		PUSH-PUT THE BALL WITH PARTNER	Purpose	Develop putting arm action Develop coordinated body and leg movement
1	Reps:	10-20 throws	When to Use	Early in season. Technique work

- 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.

Putting ball, not throwing ball Do not use a real shot Get body weight behind the put Extend legs