



Wheelchair Shot Put Key Skills Checklist

Your Athlete Can

- Sit upright in chair. Buttocks are against chair and feet on foot supports.
- 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, pointing it back away from body.
- Grab left armrest with left hand for balance.
- Extend throwing arm and keep thumb down. Snap wrist and fingers outward, releasing shot.

Coaching Points – Wheelchair Shot Put

1. Set front wheels of chair behind toe board of the ring. Lock back wheels.
2. Sit upright in chair with buttocks against chair and the feet on foot supports.
3. Grip shot in right hand. Do not let the shot drop into the palm of the hand.
4. Place shot against the side of neck, not under chin.
5. Keep right elbow to the right side, pointing back away from body.
6. Grab left armrest with left hand for balance if required or hold at eye level.
7. Extend right arm forcefully.
8. Lower left shoulder, raise right shoulder.
9. Keeping thumb down, put shot, snapping wrist and fingers outward.

Top Tips for Coaching Wheelchair Shotput (Skill Development)

1. Emphasize sitting up straight in wheelchair
2. Practice without a shot. Progress to a light softball and finally shot put. Progress based on athlete's skill level and strength.
3. Maintain a strong erect posture during the putting action