

## **Shot Put Technique (linear)**

The throw broken down: (right handed thrower)

### **(a) stand-up and hold:**

- shot rests on base of fingers
- arm relatively horizontal to ground
- shot pushed against neck, underneath chin
- stand with back facing direction of throw at the back of the circle

### **(b) preparation for the glide**

- centre of mass lowered and primarily on right leg

### **(c) glide**

- short body movement to give the shot momentum
- hop-like movement keeping the centre of mass low and over the right leg
- ideally both feet arrive at power position at the same time

### **(d) power position**

- right foot perpendicular to the throwing direction
- centre of mass low and over right leg
- left leg extended with toe planted to form base of support
- base of support as wide as possible without hindering the throwing action

### **(e) putting action**

- left arm swings over the top, opening the doorway for the throwing action
- lifting action is initiated by using the slower, stronger muscles of the leg, with forces then transferred to the trunk and arms
- shot released at a 40 degree angle over a straight left leg

## **A Basic Teaching Progression**

1. Introduction of the hold
2. Introduction of the shot's proper position under the chin against the neck
3. Putting the shot downward into the ground to establish proper wrist action
4. Deliveries: facing the direction of the throw, sitting back on a bent right leg with both feet pointing toward the direction of throw, transfer weight from the right leg to the supporting left toe and deliver the shot.
5. Cross-step and putting action.
6. One step forward and putting action.
7. One step back and putting action.
8. Series of glides on a straight line.
9. Glide in the circle to a premarked power position.
10. glide connected to the putting action.
11. Hop on right leg, tuck the foot under the body at a right angle.
12. Pivot on a 15cm platform (dependent upon height of athlete).
13. Pivot on a 15cm platform and putting action.
14. Glide from elevated area and throw.
15. Glide and throw under a high jump bar to promote a low power position.

## **A Few Useful Drills**

### **The A-Drill:**

(corrects the problem of a late left foot to the front of the circle)

The athlete, from a crouched position, drives the left foot back until only the right heel and left toes are in contact with the circle. Stop. Hold that position, making sure that the chest is on the right thigh, shoulders and head are square facing to the rear, and the knees are straight.

Variation:

Place a medicine ball directly behind the left foot and have the athlete punch or push the ball with the left foot as he drives his left foot back to the toe board.

### **Rubber Cable Drills:**

The use of a rubber cable tied to the ankle of the left foot and attached to a fence or post. The athlete can practice by holding onto the fence and punching the foot back repeatedly.

Variation:

Use the rubber cable attached to the left ankle while doing glides. The resistance forces the athlete to use the left leg more aggressively.

### **The Beam:**

(corrects the problem of the left foot being in the bucket)

Use a 4x4 or a 2x4 on which the athlete can practice the glide and even do the complete throw.

### **The Wall Drill:**

(to help leg lift)

The athlete faces a wall so that his/her toes are up against the wall. Then the athlete torques and lowers the body into a standing put position with the left knee against the wall as well. The athlete executes a standing put reaching up the wall with the right hand in a putting action. The extension of the left leg is as high as possible so that the athlete is up on the left toes and the right foot is lifted straight up and the toes are pointing down and backwards.