

SHOT PUT



RULES FOR THE SHOT PUT

- The competitor may enter the circle from any direction.
- The competitor must start the put from a stationary position inside the circle.
- The Shot must be put from the shoulder with one hand only. It must be held in contact with the neck or jaw bone until the putting action commences.
- The elbow must be behind the Shot for the duration of the delivery phase.
- During the put the competitor may touch the inside edge of the metal ring and the stop board. The top edge of the ring and stop board may not be touched by any part of the body.
- A competitor may interrupt a put. Lay down the Shot inside or outside the circle and leave the circle before returning to recommence the put.
- The shot indentation must land completely within the inner edge of the sector lines.
- The competitor may not leave the circle until the shot has landed. Whilst exiting the circle, the competitor must exit via the back half of the circle.
- In the event of a tie for any position, the higher placing is awarded on the basis of the next best throw.

TEACHING SEQUENCE

Holding the Shot

1. The shot is held at the base of the three middle fingers while the little finger and thumb provide further support on either side of the shot (Fig 4).
 - a. A simple way to teach the correct hold is to get the athlete to pick up, with one hand, a shot resting on the ground and then "cock" the wrist back.
 - b. Alternatively, hold the shot in the palm of one hand and pick it up with the fingers of the putting hand and again cock the wrist.
2. The shot is placed in the neck hollow where the collar bone meets the base of the neck. The elbow of the putting arm should be extended away from the body. This can be achieved by having the athlete push the shot against the neck.

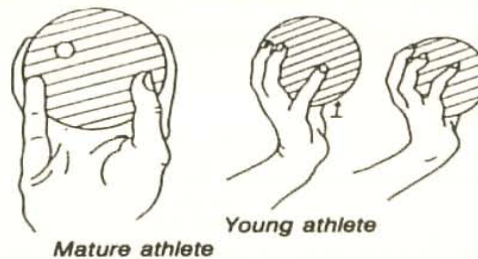


Fig 4

Knowing the Shot

1. Putting Drill

Purpose: To learn the basic putting action and to stress the need for the stronger, slower muscle groups (eg legs) to act before the quicker, but weaker, muscles (eg arms).

- a. The athlete stands facing the putting direction and hold the shot on the neck as described above.

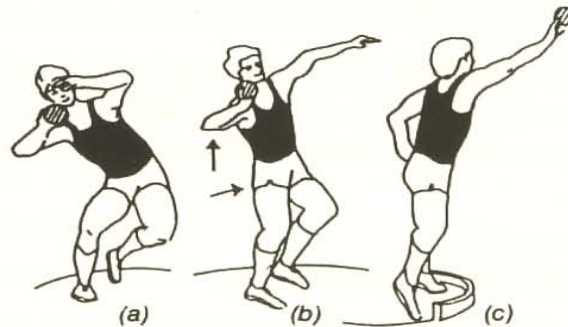


Fig 5

- b. Without moving the feet, turn the upper body as far away from the putting direction as is comfortably possible.
- c. Bend the legs to produce a position as shown in Fig 5a.
- d. Now, keeping the upper body passive, the athlete extends the legs and drives the hips around and up Fig 5b.
- e. The chest comes to the front as a result of the hip/shoulder rotation. Then the putting arm strikes.

Points to Stress in the Basic Putting Drill

1. Keep elbow of putting arm in line with the shoulder axis.
2. Legs act first then shoulders and arm.
3. Punch the shoulder forward and push on the shot for as long as possible.
4. The action is around, up and out.

Throwing the Implement

Standing Throw

Having mastered the basic putting drill the athlete can then progress to the standing put which imitates the delivery from the power position. The athlete now attempts to apply force to the shot over a greater range than was the case with the basic drill.

- a. Place the feet about 60-90cm apart (depending on the athlete's height), with the right foot facing about 10-11 o'clock and the toes of the left foot in line with the heel of the right foot (Fig 6).

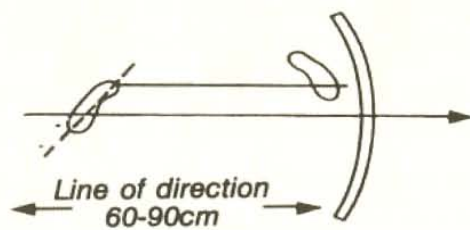


Fig 6

- b. Initially, the athlete stands with shoulders and hips parallel to the putting direction, i.e. facing 90° away from the direction of put. The shot is placed on the neck as previously described and the left arm is held high above the head.
- c. From this position and without moving the feet, the athlete turns the upper body a further 90° away from the putting direction so that the back faces the direction of throw. Note that in this position, the shoulder axis is at right angles to the throwing direction while the hip axis is almost parallel to it.
- d. The athlete then lowers into a position similar to that shown in Fig 7a.

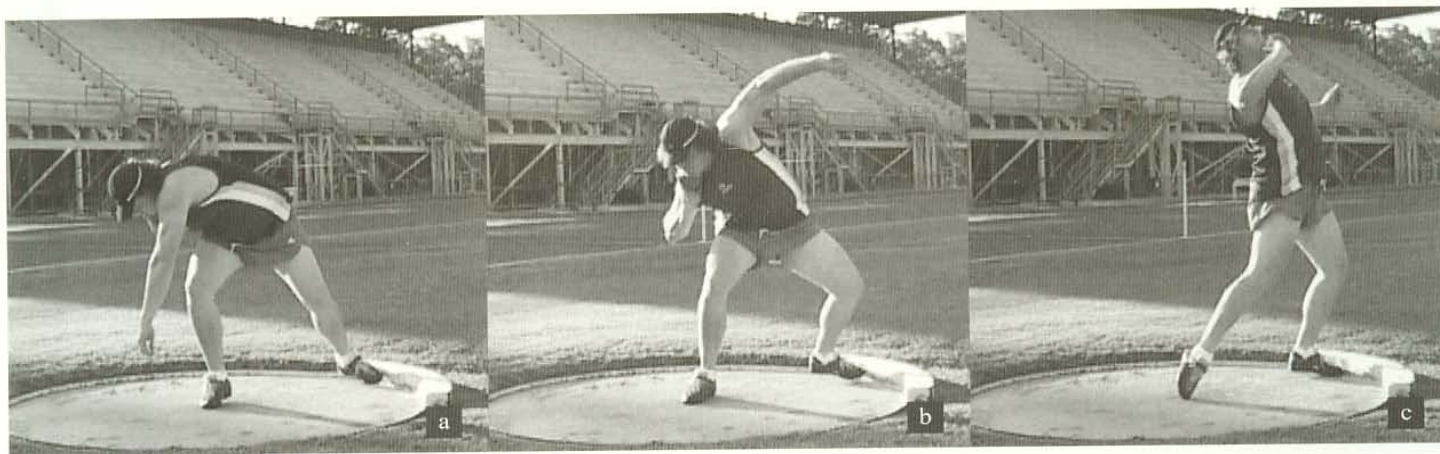


Fig 7

Check that in this position the chin, knee and right toes are in vertical alignment and that the left side of the body forms a straight line. Bodyweight is centred over the right foot and the left arm should be held higher than the head. Very little of the athlete's weight is supported by the left leg.

- e. From this position the athlete's task is to shift their body weight forward, round and up over the left leg. The movement is initiated by rotating the right foot and right knee (Fig 13b, c) towards the front of the circle thereby forcing the body weight onto a bent left leg (Fig 13c) which then extends as the hips face the putting direction. Stress the idea of forward, round and up over the left leg.
(Note: In 7b left arm should be closed.)
- f. Introduce the athlete to blocking with the left side once they have developed a reasonably rhythmic explosive delivery action.
- g. A reversal of the feet can be added after an active extension of both feet.