



Implement weight

	Boys	Girls
Peewee	<=3Kg	<=3Kg
Bantam	3Kg	3Kg
Midget	4Kg	3Kg
Youth	5Kg	4Kg
Junior	6Kg	4Kg
Senior	7.26Kg	4Kg

Basic Training for Shot Put

Technical excellence is the most important element of shot put training. Many thousands of repetitions of the correct movements are needed to ensure the best technique.

The basic throwing movement can be learned effectively using the standing throw, but athletes who are aspiring to become real putters need to work harder on the complete glide or spin movements.

To perform the technique correctly basic suppleness, core-stability and body strength are needed and must be continually worked upon.

A basic aerobic fitness level is needed to perform the lengthy and sometimes intense physical training needed for the event.

Speed must be maintained and improved if possible, even when strength training or body weight increases.

Too much heavy slow strength training should be avoided as this will severely lessen your ability to throw well, due to reduced range of movement, speed and ability to perform good technique.



Skill Development

- Turning or gliding without the shot or with lighter or heavier implements than normal.
- Standing jumps such as long and triple jumps, and series of two footed jumps (3, 5 or 10).
- Bodyweight circuits and stage-training sessions.
- Overhead shot throwing with different weight implements.
- Opposite handed throwing – encourages thought about the movements.
- Short sprints, low hurdles and sprint starts.
- Low box jumping for improving reactive ability.
- Medicine ball throwing for skill and strength.
- Swiss ball work for core stability.
- Regular and frequent flexibility sessions.
- Weight training (always performed at maximum speed).

Shot Put

Shot Put Basics

Shot putting is the most explosive event in the athletic program and requires the athlete to have great speed, strength and agility as well as mental perseverance to reach the high level of technical proficiency the event demands.

Basic Rules of Shot Put

The put must be completed within the 2.13m diameter circle.

- No part of the body may touch the outside of the circle or top of the stop board during the throw.
- The shot must be delivered from the proximity of the neck and must not pass behind the line of the shoulders.
- The shot must land wholly within the designated sector landing area.
- The athlete must not leave the circle until the shot has landed.
- The fingers must not be strapped together but tape may be used to cover an open wound or around the wrist for support.



Equipment for Shot Put

Range of shots (3.25Kg, 4Kg, 5Kg, 6Kg and 7.26Kg).
Powdered magnesium carbonate ("chalk") to prevent the shot slipping during the throw.
Big towel to clean and dry the shot before throwing.
Black bin liner to keep equipment dry when raining.
Tape measure (30m) to measure throws.
Small but highly visible and indestructible markers to mark the landing places of throws.
Good shoes (these are different for glide and spin techniques). Trainers are not very good because the feet need to move fast in the circle, not stick to the surface.
Good quality throwing circles (different for indoor and outdoor putting) with rigidly fixed stopboard in the correct position.



The Glide

PREPARATION

To prepare for the glide.

- Shot rests on the base of the fingers, with fingers slightly spread behind the shot.
- Shot is placed at the front or side part of the neck, the thumb on the collar bone, hand facing forward.
- Elbow is held out; at a 45-90° angle to body.
- Trunk is bent forward parallel to the ground.
- Body is balanced on the right leg.
- The right leg is bent while the free leg is drawn in so that the thrower is in a crouched position.

MOVEMENT - GLIDE

To initiate acceleration and position the body.

- Body is pushed backward, the right foot hops across the circle.
- Free leg is driven backward.
- Right leg is pulled under the body to land on the ball of the foot with the heel near the centre of the circle.
- Shoulders are kept low and square to the rear of the circle.
- Left foot lands on the ball and inside of the foot.
- Both feet land with a distinct right then left rhythm, to ensure continued forward movement of the body.

DELIVERY

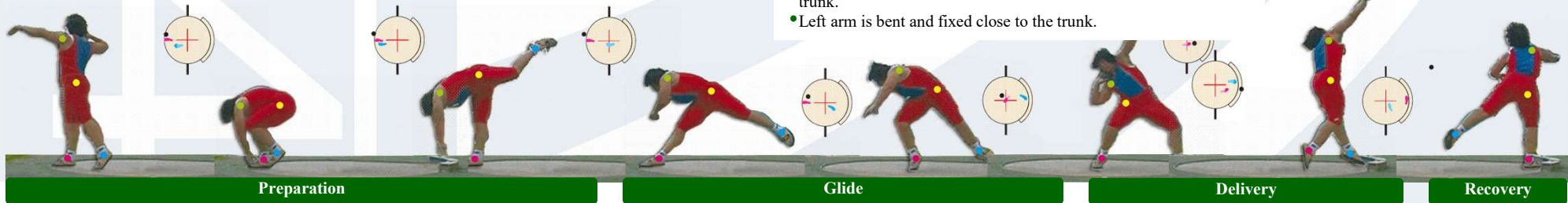
To begin the main acceleration and transfer velocity from thrower to shot.

- Body weight is behind the right foot on a bent leg.
- Heel of the right foot and the toe of the left leg are in line.
- Right upper arm is about a 90° angle to the trunk.
- Right foot initiates knee and hip turn to the front.
- Right leg extends in an explosive twisting movement until the right hip faces the front of the circle.
- Left leg is extended and braced onto the toes, lifting the body.
- Trunk's twisting movement is blocked by the left arm and shoulder.
- Right elbow is extended in the direction of the throw with the hand facing outwards.
- Body weight is transferred from the right leg to the left.
- Strike of the putting arm begins after full extension of the legs and trunk.
- Left arm is bent and fixed close to the trunk.

RECOVERY (Reverse)

To stabilize the thrower and avoid fouling.

- Legs change/reverse quickly.
- Right leg may be bent to absorb forward momentum.
- Upper body is held high and the left leg swings backwards.
- Eyes follow the shot until it has landed.
- Alternatively the feet may remain fixed to the ground for the feet down delivery.



The Spin

PREPARATION

To assume an optimum position and prepare for the turn.

- Shot is placed farther back on the neck than for glide.
- Elbow is held out at a 90° angle to body.
- Upper body is bent forward with the back to the direction of throwing.
- Legs are slightly bent and slightly wider than shoulder width with weight on the balls of the feet.
- Upper body and hips twist against the direction of turn.
- The turn commences by un-winding from this position, weight over the left foot.

MOVEMENT - ROTATION

To initiate acceleration and position the body.

- The rotation is initiated as far as possible with the right side and leg, and the pivot is on the ball of the left foot.
- Left foot, left knee and straight left arm turn simultaneously and PASSIVELY to the left, as the right side pivots ACTIVELY around the left foot.
- Right foot is picked up as quickly as possible and kicked immediately, wide round the body.
- Shoulders must remain level.
- Initial movement is steady and controlled.
- The body is rotated into a shallow jump led by the right foot.
- The left driving leg is not completely extended.
- Flat turn, forwards not upwards.
- Landing is on the ball of the right foot close to the centre of the circle.
- Trunk leans slightly backwards for landing, the left arm held back across the chest.

DELIVERY

To maintain the speed of the turn, begin the main acceleration and transfer velocity from thrower to shot.

- On landing the body weight is over the ball of the right foot on a bent leg.
- Left knee passes close to the right knee and forwards until the left foot lands with the weight on the toes.
- Heel of the right foot and the toe of the left leg are in line.
- Shoulders face back and head and left arm are locked back.
- Right upper arm is held at approximately 90° to the trunk.
- Right foot and knee are rotated to the front, and extended in an explosive twisting movement until the right hip faces the front of the circle.
- Left leg is braced then extended, creating a 'jump' delivery.
- Trunk's twisting movement is blocked by the left arm and shoulder.
- Right elbow is extended directly in the direction of the release.
- Strike of the putting arm begins after full extension of the legs and trunk.
- Left arm is bent and fixed close to the trunk and the eyes are held on the delivery line as long as possible.

RECOVERY (Reverse)

To stabilize the thrower and avoid fouling.

- Legs change/reverse quickly at the end of the release.
- Right leg may be slightly bent to absorb forward momentum.
- Body is held high to absorb excess rotation.
- Eyes look up.

