SHOT PUT - SUMMARY

INTRODUCTION

Shot put is a throwing event of Track and Field competitions. Shot put is very old. Today it is about propelling a metal ball as far as possible.

COMPETITION

1. Basic rules
   - Don’t touch the top or outside of the circle or toe-board.
   - Leave by the back half of the circle.

2. Throwing circle and toe-board

3. Equipment: shot and shoes

   **Shot:** made of bronze or similar metal; 7.3kg (men) and 4kg (women).

   **Shoes:** made of leather; don’t have cleats.
4. Qualification

Only the 8 best throwers qualify to the final. In the final they have 6 attempts. Two judges indicate with a white flag that a throw is good or with a red flag that the throw is a foul (check the basic rules).

TECHNIQUES

Two techniques: glide (O’Brien) or spin (Baryshnikov)

Glide style

Grip

- Hold the shot at the base of the fingers.
- Thumb and little finger support and guide the shot.
- Little fingers are used for power.

Shot placement

- Place the fingers directly behind the shot.
• Bend your wrist backward and hold the elbow out at a 45-degree angle.
• The shot is held against the neck with the palm of the hand pointing forward.

![Image of shot putter in starting position]

Starting position

• Stand at the back of the circle.
• Right foot is in front.
• Left leg is raised; your left toe merely touches the ground.
• Non-throwing arm is held upward and outward.
• Keep your eyes focused on the opposite throwing direction.

![Image of athlete performing glide]

Glide

• Lower your body over the right leg
• Bend right knee while raising the left leg.
• Swing your left leg toward the throwing direction
• Drag your right foot toward the throwing direction.
Throwing

- Rotate your trunk and hips to the left to land on your left foot
- Push hard with your throwing arm (right) upward and forward.
- Push the shot off the fingers.
- Switch the position of your feet to bring your right foot close to the front of the circle.

LEARNING HINTS

- Keep the shot against the neck during the movement.
- Leg and hip lead the movement
- Shot put is a pushing action whose force comes from the ground up, through legs, hips to shoulders and then to arm.

MORE INFO

Watch the following videos:

- Shot put glide: [http://www.youtube.com/watch?v=Ea0CAF9mJVY&feature=related](http://www.youtube.com/watch?v=Ea0CAF9mJVY&feature=related)
- Shot put top 10 shot-putters all time!: [http://www.youtube.com/watch?v=M5jpErXKvwg](http://www.youtube.com/watch?v=M5jpErXKvwg)
- Basics- shot put: [http://www.youtube.com/watch?v=Mpph0kFsyZ0&feature=related](http://www.youtube.com/watch?v=Mpph0kFsyZ0&feature=related)
- Shot put slow motion glide and power: [http://www.youtube.com/watch?v=3nueqqrGfJg&feature=related](http://www.youtube.com/watch?v=3nueqqrGfJg&feature=related)

Try the following link:

- [http://trackandfield.about.com/od/shotput/ss/shottechnique.htm](http://trackandfield.about.com/od/shotput/ss/shottechnique.htm)