



Shot Put

There are three primary styles of putting the shot:

1. Standing put
2. Slide
3. Gliding put

Warm-up is very important for shot put (as well as all other events) to prevent injury. The warm-up consists of jogging, stretching and light exercises. Special care needs to be taken to ensure the wrists and hands are thoroughly and properly warmed up.

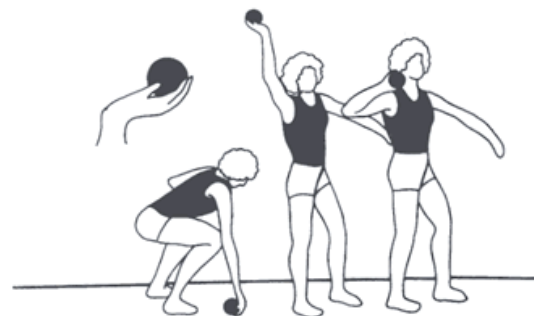
Gripping the shot put is the same for all athletes. The following explanations use a right-handed put.

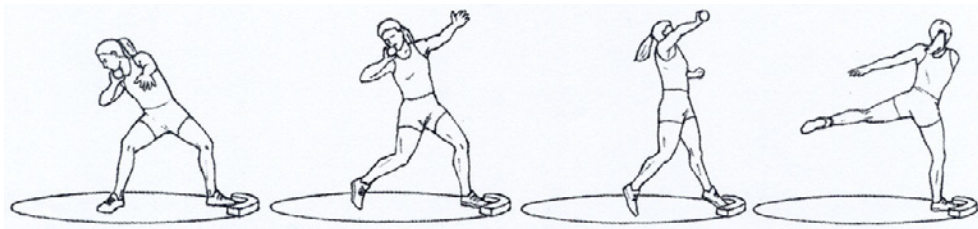
Gripping the Shot Put & Ready Position

1. Hold shot with both hands.
2. Place shot in throwing (right) hand and spread fingers around shot.
3. Do not rest shot in palm of hand
4. Place thumb and little finger wider apart for balance and support.
5. Raise shot above head, wrist flexed backward.
6. Shot is supported by thumb and little finger on sides; majority of weight is on other fingers.
7. Bring arm down, place shot against neck, below ear, with palm turned out.
8. Elbow is away from body.
9. Apply pressure against neck to support shot.

Standing Put

1. From ready position, stand straddle near toe board, facing perpendicular to direction of throw (left shoulder at front of the ring).
2. Shoulders are parallel to direction of throw.
3. Left arm (non-throwing arm) is relaxed, extended in front of body.
4. Step back and bend right leg, keeping back straight.
5. Turn upper body 90 degrees away from direction of put.
6. Body weight is over bent right leg.
7. Drive hips and chest counterclockwise toward direction of put.
8. Extend right arm and snap fingers, releasing shot.





Sliding Put

1. From ready position, stand straddle near middle of ring, facing perpendicular to direction of throw (left shoulder at front of the ring).
2. Lower upper body and flex right leg to quarter squat.
3. Lift left foot and extend it forward, sliding body toward front of circle.
4. Right leg remains flexed and body is perpendicular to direction of throw.
5. Rotate right leg and extend body upward to force hips around to direction of put.
6. Thrust chest forward and extend both legs.
7. Transfer weight to left leg.
8. Extend right arm and push shot with fingertips.
9. Release shot, right arm extending in direction of put.

Gliding Put

1. From ready position, stand at rear of circle, facing away from the direction of put; weight is on right leg.
2. Place ball of left foot on throwing surface.
3. Hop backward powerfully, turning both feet 90 degrees parallel to toe board.
4. Land on both feet simultaneously.
5. Rotate and raise trunk upward; feet begin turning 90 degrees toward direction of put.
6. Transfer weight from right to left foot, pivoting both feet and knees toward direction of put.
7. Keep right elbow away from body, and extend right arm forcefully.
8. Keeping thumb down, put the shot and forcefully snap the wrist and fingers outward.



The Reverse – Weight Transfer

1. After shot is put, right arm continues past body to the left.
2. Left arm continues back around body.
3. Switch feet - right foot moves toward toe board, and left foot moves to the back.
4. All of weight is on right leg.





Wheelchair Shot Put

Wheelchair Athlete - Ready Position

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.
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.
7. Extend right arm forcefully.
8. Lower left shoulder, raise right shoulder.
9. Keeping thumb down, put shot, snapping wrist and fingers outward.