



## **Shot Put Drills**

### **Underhand Toss**

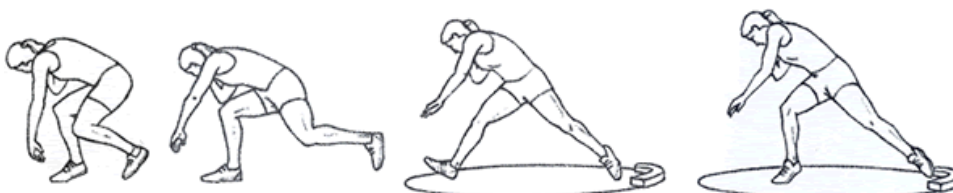
Reps: 10 throws

#### **Purpose**

- ♦ Warm the body up properly for any shot put practice or competition

#### **Teaching Points**

1. Stand facing landing area.
2. Hold shot in front of body with both hands.
3. Bend knees and throw shot up and out, away from body, using an underhand toss.



### **Glide Drill**

Reps: 5-10 glides

#### **Purpose**

- ♦ Warm the body up properly for any shot put practice or competition
- ♦ Develop powerful and explosive glide action

#### **Teaching Points**

1. Stand with feet parallel in back of circle.
2. Using a normal glide, drive backward off left foot.
3. Land in power position.
4. Rotate hips and feet on drive back.
5. Keep shoulders square to back of circle, opening up left foot and hip.

### **Weight Transfer – Standing Throw**

Reps: 5-10 throws

#### **Purpose**

- ♦ Develop effective use of the legs

#### **Teaching Points**

1. Take straddle position with shot in throwing position.
2. Bend the throwing-side knee, transferring weight over foot.
3. Non-throwing leg is relaxed and extended; arm is out to the side.
4. Shoulders are parallel to ground.
5. Drive weight up and out from throwing side.
6. Rotate hips, transferring weight behind shot release.
7. Thrower is facing direction of throw upon release of shot put.

