

Shotput tips & tricks on technique

Shot Put tips & tricks on technique

Deur: Alicia Bruwer, VSAAV Vlak III

Holding the shot

- The shot is held at the base of the fingers, not the palm
- The fingers are slightly spread apart with the thumb for support
- The hand will be bent back in the cocked position when holding the shot

Neck placement

- Raise the shot above your head
- Lower the shot straight down until it is under your jaw
- Push the shot into your neck
- Lift your elbow parallel to the ground
- Check to see that your thumb is pointing down towards your clavicle
- The palm should be pointing towards the throwing direction

Delivery of the shot

- Eyes to the sky...
- Punch the shot away from the neck
- Keep the elbow high at all times.
- Finish the punch with a flip of the wrist
- The left side of the body will be stopped and locked to help form the block

- The left arm will be tucked close to the side of the body

The Power position

- Body position in the power position
- The thrower will stand perpendicular to the throwing direction
- The feet position will be shoulder width apart or a little wider with left foot slightly behind the right foot (toe heel relationship)
- The right foot will be vertical to the throwing direction
- The thrower needs to be in an athletic position
- The thrower will shift 80% percent of his/her weight onto the right leg
- The thrower will twist his/her upper body completely opposite the throwing direction. This position from up above will look like an X
- The chin, knee and toe should be in line with each other
- The thrower places the shot into his/her neck
- The left arm will be extended and out from the body with a right angle relationship to the right elbow

Throwing from the power position

- Sequence of the throw will be legs – hips – back – arm
- Push the weight from right leg to the left leg in an upwards direction
- When driving up with your legs your right heel (hips) needs to be turned out
- There will be a stretch reflex reaction between your upper body and lower body
- The upper body will start coming around
- As your upper body comes around sweep the left arm around and then bring it tight to your body
- Stop the left side of your body to aid in accelerating the shot

- Deliver the shot

The Glide

Body position in the glide

- Stand at the back of the ring facing away from the throwing direction
- Place shot against your neck
- Put your body in an athletic position facing away from the sector
- Extend your left arm out – relaxed
- Extend the left leg back towards the toe board
- Most of the body weight should be on the right leg

Gliding into the power position

- Tap your left leg for balance
- Draw up the left knee even with the right knee
- Do not allow your left leg to curl behind the right leg
- Violently extend your left leg towards the toe board, do not lift up with your back
- Push and then pull your right leg underneath you, it will look like the last part of your body leaving the circle is your right heel

Bibliography

Silvester, J. (2009). *Complete Book of Throws*. New York: MF Sport Publishers.