

# Shot Put

## What is a shot?

A shot is a circular metal ball that athletes have to 'put' (pushing motion) as far as they can.

## How heavy is the shot?

U6, U7	1kg
U8	1.5kg
U9, U10, U11, U12	2kg
U13, U14, U15-17G	3kg
U15-U16B	4kg
U17B	5kg

## How do the athletes "put the shot"?

- Starting Position - stand side on, feet shoulder-width apart and use the non-throwing hand to aim.
- Grip - sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.
- Sit the shot in the curve of the neck just behind or on the upper part of the jaw (not on the cheek or ear).
- Putting the shot - keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the neck. The saying, ("**elbow up, thumb down, palm out**") can help remember the sequence.

## When is a foul recorded?

- If the shot lands on or outside the sector lines.
- If the hand drops away from the neck during the putting action.
- If the shot is put from behind the line of the shoulder.
- If the shot is thrown like a ball.
- If the athlete leaves the circle in an uncontrolled manner.
- If any part of the athletes body touches the top (not the inside edge) of the stop board.
- If any part of the athlete's body touches the outside of the circle during the putting action.
- If the athlete walks out the front half of the circle.



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## How do I measure?

- Measurement is from the nearest edge of the landing mark of the shot to the inside of the stop board.
- The zero end of the tape goes out to where the shot lands.
- The tape needs to be pulled directly back through the centre of the circle.

## What are some basic rules?

- The shot can only be put with one hand.
- The shot cannot be thrown like a ball.
- Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run-up from outside the circle.
- The athlete must not leave the circle until the shot has landed.
- Athletes must be told the reason why they have been fouled.
- Athletes can enter the circle from any direction (front OR back), **but must exit from the back half of the circle.**

## What are the safety considerations?

- Keep participants who are waiting their turn to put well back from the circle.
- Judges should stand on the outside of the sector lines and always be alert.
- Make sure the shot is smooth and there are no unsafe edges.
- Make sure the sector lines extend well past the largest put you are expecting and mark these with a red flag.
- Carry the shot back after each put.
- Shot to be placed on the ground for athlete to pick up.
- Athletes must not put until told to do so.

## What are some “Handy Tips” for conducting shot put?

- For large groups, allow athletes to have 2 puts rather than 3.
- Peg an athlete’s best put and measure it at the end of the competition.
- Mark out sector lines before the competition for the day/night starts.
- Have the next athlete ready to put.
- Move any shots that are not being used, away from the immediate area.
- For younger age groups, only allow athletes to do a standing shot put.
- For younger age groups, mark out 3m & 6m distances and award the athletes on a points system, rather than measuring their puts. (3m = 3 points, 6m = 6 points etc). (Except in competitions where measuring is required)

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- Hold the shot at the base of your fingers (not on the palm) with three fingers behind and the thumb and small finger to each side of the shot
- Use a balanced ready-stance. (Avoid placing your front foot hard up against the stop-board. This will make it difficult for you to turn your front foot)
- Hold the shot touching or close to the neck with your throwing elbow lifted away from your body
- Point your non-throwing arm in the direction of the throw or "wrap" your arm around your body
- Swing your feet, hips, chest and shoulders to the front as you move your weight from your back to your front foot
- Stand tall as you push the shot away from your neck in a strong "punching" action  
Watch the shot go



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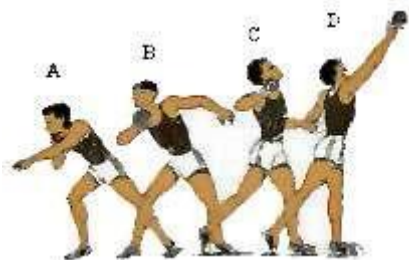
## Coaching Tips

- Encourage athletes to start with basic standing technique
- Hold shot at the base of fingers (not in the palm of hand)
- Thumb and little finger should be at each side of the shot
- Keep shot close to or touching neck – think clean palm, dirty neck
- Keep elbow high
- Push the shot up (not towards the ground) – look to where you want shot to travel
- Start with knees bent and side on
- Put weight on back leg with hand not holding the shot putting to where the shot will go
- Finish with chest and head up (not bowing head after the throw)
- Do not 'throw' the shot – push it



**Figure 2 - Put weight onto back leg with hand not holding shot pointing to where it will be going**

- As athletes progress, start stand with weight over the back foot and think chin/knee/toe so those three body parts are all in line.
- Bend knees at the start and push with the legs when throwing
- The non-throwing arm should be relaxed
- From this position, the movement is started by the back leg pushing the hip that is towards the back of the circle to the front
- Weight is transferred from the back leg to the front leg. The throwing arm comes forward and up
- The elbow must stay behind the shot
- Punch/push the shot up, keeping the elbow high
- The shoulder should not drop during any part of the movement



**Figure 3 - Release shot high with chest up**



**Figure 4 - Drive the hip forward**

## IDEAS FOR LITTLE ATHLETIC COACHES TO HELP DEVELOP SKILLS

- Use tennis balls or beanbags instead of shots
- Practice throwing from a cone
- Practice throwing up at a set point (tree, cloud)
- Throw facing towards arc (encourage elbow up and push out)