

KEY STAGE 3

SHOT PUT BASIC RULES & SKILLS

Big Picture: To Develop Key Knowledge and Understanding of the Basic Rules and Skills in Shot Put



Basic Rules

Objective of Shot

To **PUSH** the shot (ball) as far as possible using the correct technique and without leaving the throwing area (circle).

The athlete must rest the shot close to the neck and keep it tight to the neck throughout the motion of the throw. The shot must be released above the height of the shoulder, using only one hand. The ball is to be put (i.e., pushed), not thrown with an overhead motion. At no time may the shot move behind the shoulder of the throwing arm.

The athlete may touch the inside surface of the circle, but must not touch the top or outside of the circle, or any of the ground beyond the circle. Limbs (arms/legs) may however extend over the lines of the circle in the air.

The shot must land in the legal sector, these are two lines extended from the throwing circle (34.92°) area, this is inside but not including the line. The athlete must exit the throwing circle from the back half of the throwing area.

Equipment / Weights of Shot

A shot is made of solid Iron, lead or Brass with outer steel shell and moulded into a ball shape. Weights are different for each:

Year 7 Boys and Girls = 2.75Kg
Year 8 Boys and Girls = 3.25Kg
Year 9 Girls = 3.25Kg
Year 9 Boys = 4Kg



Scoring / Measuring

The distance for the throw is measured where the Shot first landed. To measure, place the zero end of the tape measure at the mark made by the shot closest to the throwing circle, pull through to the centre of the circle (should be a mark or hole, and read off the measurement where the tape crosses the inside edge of the circumference of the circle).

Linear Technique

Preparation

To prepare for the **Glide**, the shot rests on the base of the fingers, with fingers slightly spread behind the shot. The shot is placed at the side of the neck, thumb on collar bone, hand facing forward. The elbow is out at a 90° angle to the body.

Start at the back of the throwing circle with back to the direction of throwing. Chest / body trunk should be bent forwards to become parallel to the ground. Body is balanced on the right leg. The right leg is bent while the free leg is drawn so that the thrower is in a crouched position.

Movement

This is called the 'Glide', this is to initiate movement and to attain the body position for the final putting action. Body moves from the flat right foot into a flat hop across the circle. Free leg is driven simultaneously towards the front of the circle. The right leg is pulled under the body in the middle of the circle to land on the ball of the foot with the heel over or near the centre of the circle. Shoulders are kept low and square to the rear of the circle. The left foot lands on the ball of the foot. Both feet land with a distinct right then left rhythm, to ensure continued forward movement of the body.

Delivery

To begin the main acceleration and transfer velocity from the thrower to shot. The right foot initiates knee and hip turn to the front, and the right leg is then extended in an explosive twisting movement until the right hip faces the front of the circle. Bring the shot forward, keeping your elbow high and your wrist firm. Release the shot at the peak of your throw, extending your arm and opening your fingers.

Recovery

Legs change / reverse quickly because of the release. Front / right leg should be bent to absorb forward momentum. The upper body is held high and the left leg swings backwards. Eyes follow the shot until it lands.

Note: all descriptions are for a right-handed thrower

Principles

Speed of Release

Important factor that determines how far the shot will travel. A faster release speed generally results in a longer throw.

Height of Release

The release height should be high enough to allow the shot to travel a long distance but not so high that it loses momentum. A good starting point for the release height is to aim for eye level.

Angle of Release

The optimal release angle is between 38 and 45 degrees.

Core Skills to Remember:

- Initial stance
- Grip
- Throwing action
- Release phase
- Recovery phase/follow-through



Key Pointers

Holding the Shot

For the grip use the term "Clean Palm, Dirty Neck"

Safety First

Look to ensure throwing area is clear before commencing preparation phase, wait for whistle or "throw" command.

Low to High Position

Power generation when transferring body weight.

Legs before Arms

Coordinate the correct timing of 'big muscles before small'.

Tips

- * Maintain good balance throughout the throw.
- * Keep your core tight to generate power.
- * Use your legs and hips to drive the throw.
- * Practice the technique repeatedly to build muscle memory and consistency.

Rotational Technique

Starting Position & Grip the Shot

This is the same as the Linear Technique. Making sure you place your feet shoulder-width apart. Hold the shot with your fingers spread wide apart and your thumb pressed against the side of the shot. Place the shot against your neck and shoulder and pull your elbow forward.

Wind Up

Turn your back toward the throwing area, while keeping the shot against your neck and shoulder. Use your non-throwing side to swing your arm back and around. Pivot on your non-throwing side foot as you rotate and keep your eyes fixed on the target.

Entry

Plant your non-throwing foot into the ground, allowing your body to start rotating. Bring your throwing arm across your body and lower the shot toward the ground. Keep your elbow high and your wrist firm.

Rotation

Use your non-throwing foot as the axis and rotate your body in a circular motion. As you rotate, keep your throwing arm close to your body and your eyes fixed on the target.

Power Position

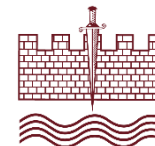
As you complete the rotation, bring your throwing arm up and back, with your elbow high and your wrist firm. Transfer your weight onto your throwing side foot.

Delivery

Bring your throwing arm forward and release the shot at the peak of your throw, extending your arm and opening your fingers.

Follow Through

After releasing the shot, allow your body to continue rotating naturally. Keep your eyes on the target as you complete the throw.



KEY STAGE 3

HOMework / SUPPORT / UNDERSTANDING

The key questions, key vocabulary & assessment level guidance below can all be used for Homework/Home learning on this topic

Key Questions

What is the technique for the shot throw?

What is the optimal release height for the shot put?

What is the optimal release angle for the shot put?

How can one improve their shot technique?

How does strength and conditioning play a role in shot performance?

What are some common mistakes made by shot throwers and how can they be corrected?

What are the differences between the glide and rotational techniques in shot?

How can one measure and track their shot performance?

How does mental preparation and focus impact shot performance?

What are some strategies for developing explosive power and speed for shot?

Key Vocabulary

Distance – The length of the throw, measured from the inside edge of the throwing circle to where the shot lands.

Foul – A throw that does not land within the sector or violates other rules, resulting in a disqualification.

Glide technique – A shot put throwing technique in which the thrower glides across the throwing circle before releasing the shot.

Mental focus – Assess the thrower's mental focus and concentration throughout their performance. Mental preparation and focus can have a significant impact on shot put performance, so it is important to ensure the thrower is mentally prepared and focused.

Power position – The position of the thrower's body just before the release of the shot.

Release – The moment when the shot is released from the thrower's hand.

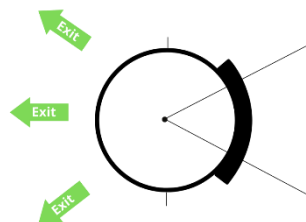
Rotational technique – A shot put throwing technique in which the thrower rotates inside the throwing circle before releasing the shot.

Sector – The area of the field in which the shot must land to be considered a legal throw.

Shot put – A field event in which a heavy metal ball (called a shot) is thrown for distance.

Spin – The rotation of the shot as it travels through the air.

Trajectory – The path of the shot as it travels through the air.



Assessment Levels

Things to look for when assessing:

Technique: Observe the footwork, balance, body position, and arm movement. This could improve their technique to increase their distance.

Release: The angle, height, and speed. Check if released the shot smoothly and with control, or if it was thrown haphazardly.

Distance: Measure the distance of the throw, compare distance to other performances.

Fouls: Look for any fouls, such as stepping out of the throwing circle or releasing the shot outside of the sector. Fouls result in a disqualification; throws must be legal.

Grade 3-4

- Apply sound techniques in a variety of athletic disciplines (Running, jumping and throwing).

- Apply goal setting to training programmes.

- Apply tactics to enable the achievement of sound performance.

- Recognise/Apply factors relating to effective performance.

- Apply a Sound understanding of rules, regulations, and how to measure times and distances.

Grade 5-6

- Analyse your own technique or a peer's technique in a variety of athletic disciplines (Running, jumping and throwing).

- Demonstrate/evaluate technical performance across a variety of athletic disciplines.

- Apply/Evaluate tactical awareness that enables the achievement of good performance.

- Execute skills effectively with consistency, precision, control and fluency.

- Secure knowledge basic rules, regulations of competition, including: the measurement of field events.

Grade 7-9

- Create a training plan to achieve own goals.

- Analyse basic rules, regulations of competition, including: the measurement of field events.

- Secure knowledge of rules, regulations, different starts, and finishing depending on stroke being performed.

- Execute advanced skills consistently in a variety of athletic disciplines (Running, jumping and throwing).

- Can develop practices in training sessions confidently.

- Can assess and improve other pupils' performances.

- Create your own athletic warm up drills.