

# Throwing | Shot Put

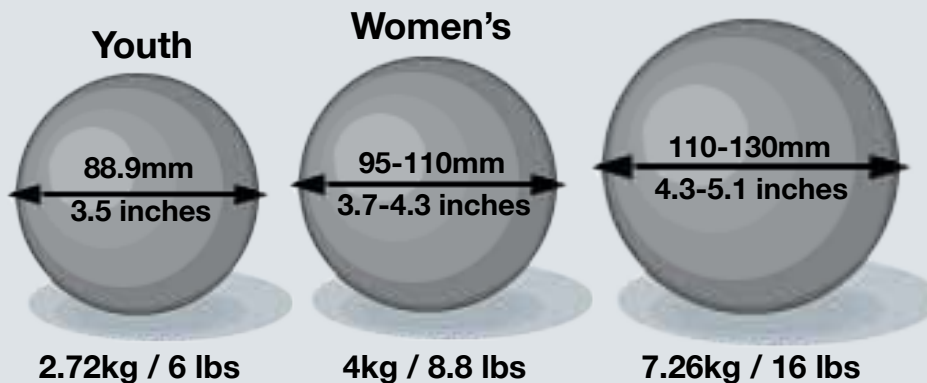
In the shot put event the athlete attempts to **put** (throw) the **shot** (a heavy ball made of iron, steel or brass) as far as possible. The event is contested in a designated area with a concrete throwing circle and a raised toe board. A fair throw must land within the gravel impact designated by sector lines.

- ◆ **Grip:** The shot is held along the base of the fingers with the fingers close together. The shot should be pressed against the neck, with the elbow out and the pressure of the arm pressing into the neck. This keeps the shot stable.
- ◆ **Arm Strike & Release:** The elbow stays out during the arm strike and the hand flicks away at the point of release.
- ◆ **Power Position:** For right-handed throwers, the stance starts with the left foot near the front of the circle and the right foot back so the feet are shoulder width apart. The athlete squats and twists away from the direction of the throw until the back faces the impact area.
- ◆ **Throw:** The left side of the body braces, creating a hinge for the right side to whip around. The thrower lifts and twists. As the chest begins to face the direction of the throw, the athlete initiates the arm strike and release. At the point of release, the athlete needs to be as tall as possible. This maximizes the height of the release and ensures that all the energy of the hips and legs has been expressed.

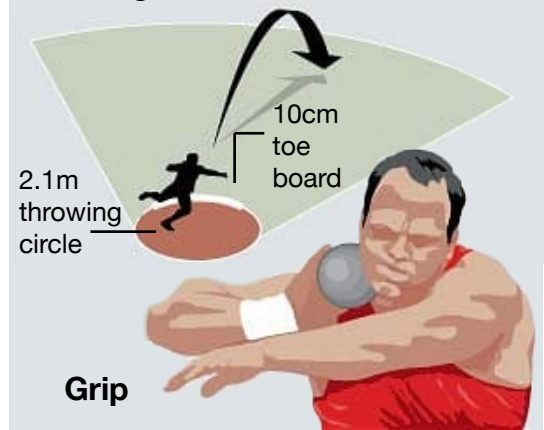
## ADVANCED TECHNIQUES



## SHOT PUT SIZES



## Landing Sector



## World Records in the Shot Put

Division	Distance	Name	Division	Distance	Name
Women	74' 3"	Natalya Lisovskaya	Men	75' 10"	Randy Barnes
Girls 9-10	34' 4"	Amber Curtis	Boys 9-10	42' 8"	Dylan Carter
Girls 11-12	44' 4"	Ashlie Blake	Boys 11-12	53' 8.25"	Elijah Zoucha
Girls 13-14	52' 1.25"	Kennedy Blahnik	Boys 13-14	63' 3.5"	Chris Sprague

# How to Practice At Home

## Helpful Drills

### Jump Squats

- ◆ Start with feet slightly wider than shoulder width apart.
- ◆ Squat down, then jump into the air.
- ◆ Upon landing, go directly into another squat.
- ◆ Do 3 sets of 10.
- ◆ This can help build explosiveness in your legs.

### Push Ups

- ◆ Perform with knees bent on the ground.
- ◆ Focus on keeping your stomach tight as you push up with your hands.
- ◆ Do 3 sets of 10.

### Power Position

- ◆ In an open area, practice holding a softball as you would hold a shot put.
- ◆ Practice a standing twist and throw.
- ◆ Be sure to focus on your arm strike and release. Push the softball, don't throw it overhand!
- ◆ Try throwing at different trajectories to see which goes further.

### Advanced Techniques

- ◆ Create a throwing circle using chalk or disc cones.
- ◆ Experiment with the glide and/or spin techniques. Do this in slow motion first, without a ball.
- ◆ Be sure to stay inside the circle to keep your throw legal.
- ◆ When you feel ready, you can speed the motion up and add a ball to throw.

## Equipment

MPOWER uses shots rated for 9-12 year-old boys and 9-14 year-old girls.

- ◆ Weight: 6 pounds
- ◆ Diameter: 88.9mm/ 3.5inches

Shots for 13-14 year-old boys are bigger.

- ◆ Weight: 8.8 pounds
- ◆ Diameter: 95-110mm/3.7-4.3inches

Practice shots can be sourced easily and inexpensively online. You can find ours [here](#).

\*\*We recommend practicing form and technique with a softball first to reduce the risk of injury.\*\*  
11" softballs are a perfect match for the size of a 6 pound shot put.