

# SHOT PUT

When shot putting: -

- 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



