



# *Shot Put*



## *Equipment for Shot put*

### Middle School

- ◆ Shot put ring
- ◆ 6 lb. shot for Girls and 5-7th grade boys
- ◆ 8 lb. shot for 8th grade boys
- ◆ Tape Measure
- ◆ Toe Board





## General Information

You measure the shot put where it lands not where it rolls to.

## Rules for Performing

- ◆ 3 attempts to perform best put.
- ◆ Must enter and exit the Shot Put ring from the back.
- ◆ In performing shot put athlete can not step on or over toe board.
- ◆ The shot put must maintain contact with the neckline and fingers until athlete goes through actually putting motion.





## *Critical Elements for the Shot put*

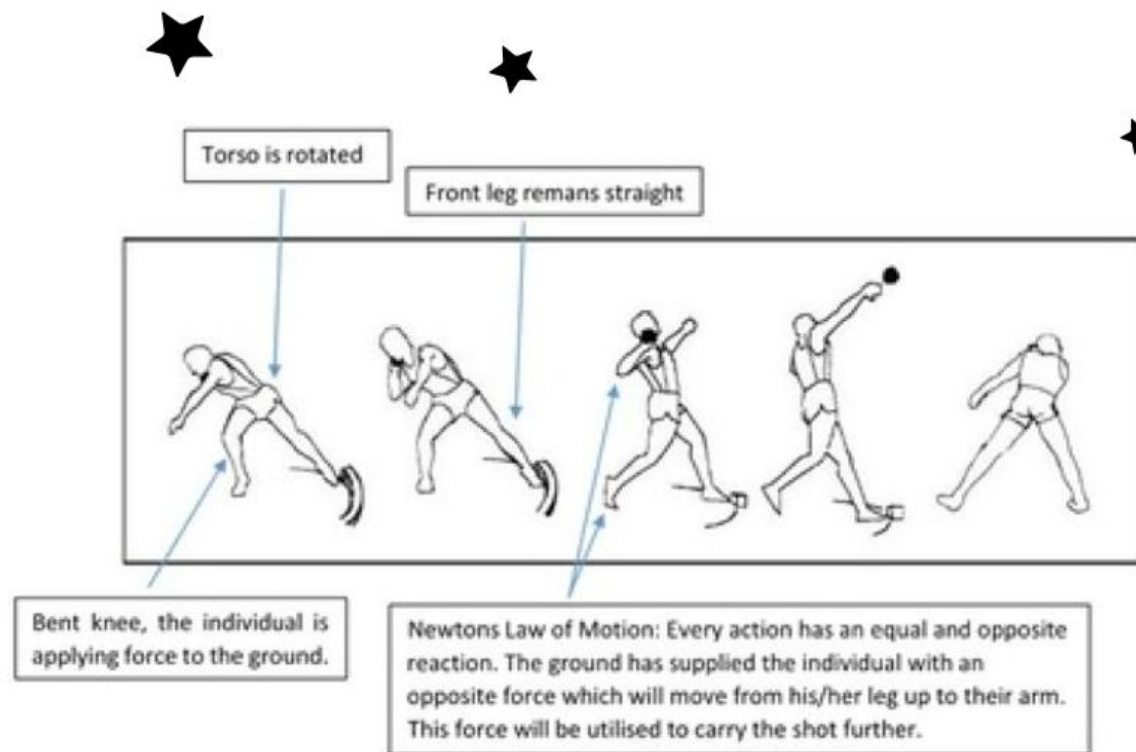


Figure 1.1: Push like movement in shot put (coachr, n.d)



- ◆ Shot rests between fingers and palm of the hand  
*(do not squeeze the shot.)*
- ◆ Shot is placed between neck and hand position.
- ◆ Bend at the hip
- ◆ Pivot on bent foot and extend (*Triple joint extension*)  
through the shoulder.



*Throwing the Perfect Shot Put*

