

# INTRODUCTION TO SHOT PUT

**(1) Standing ShotPut**

**(2)Glide ShotPut**

**(3)Rotational ShotPut**

# Throwing: Standing Shot Put

Pupil  
Task Card  
STAGE 2

## The Task

- In pairs or small groups **observe** each other's **standing shot put technique**.
- After a few **practices**, discuss what you each observed, providing **feedback** on the key points shown opposite.
- If anyone was unsuccessful in achieving one or more of these movements, consider what they could do to help improve this (i.e. slow the movement down or focus on that one element).
- Later, share your **feedback** with the teacher on if and how the **standing shot put technique** improved throughout the lesson.

Turn shoulders  
away from direction  
of the throw



Keep the elbow  
high throughout



Push right  
arm long and high,  
extending at elbow



Left toes in line  
with the heel of the  
right foot

Chin-Knee-Toe  
(Power Position)

Drive and turn  
the right hip up  
and forwards

# Throwing: Standing Shot Put

**Pupil  
Task Card**  
STAGE 3

**Stance** – Power Position (Chin, Knee, Toe)



- ☐ Demonstrates a Chin, Knee, Toe (Power Position)
- ☐ Back is to the direction of the throw
- ☐ Shot put placed under the chin and against the neck
- ☐ Elbow is kept high

**Movement** – Transfer of Body Weight



- ☐ Keeps the throwing elbow high throughout the movement
- ☐ Pushes off the back leg
- ☐ Transfer body weight from the right leg to the left leg
- ☐ Moves from 'Low to High'

**Delivery & Release**



- ☐ Keeps the left arm high in the delivery phase
- ☐ Pushes the right arm long and high
- ☐ Extends at the elbow, then wrist
- ☐ Flicks with the fingers to finish

## Common Technical Faults

1. **Elbow is low throughout the throw**
2. **Hips are too far back in the 'Power Position'**

## Potential Corrections

Place the shot into the neck and just under the chin, keeping the elbow high.  
Once in the Power Position ask the pupil to tuck their hips underneath their body.

Using the information above and your observations, identify two **strengths** of the pupil you observed.

1. ....
2. ....

Based on your recorded observations, identify one area of **suggested development** and how this could **improve performance**.

**Development:** .....

**Impact:** .....

**Encourage pupils  
to use the Pupil  
Observation  
Model**  
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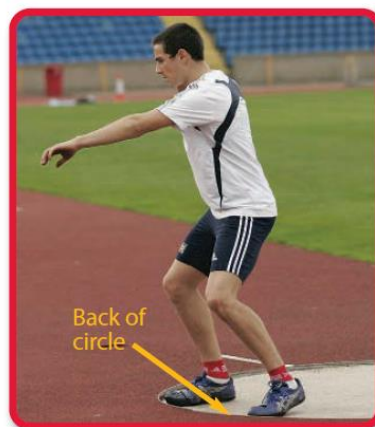
# Throwing: Glide Shot Put

Pupil  
Task Card  
STAGE 2

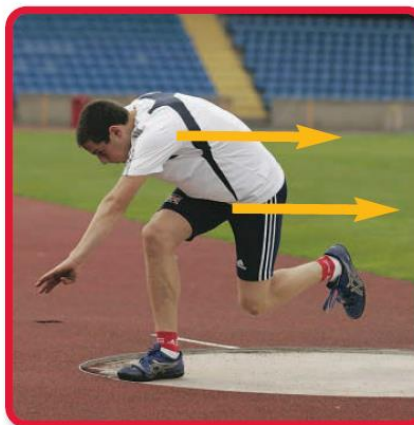
## The Task

- In pairs or small groups **observe** each other's **glide shot put technique**.
- After a few **practices**, discuss what you each observed, providing **feedback** on the key points shown opposite.
- If anyone was unsuccessful in achieving one or more of these movements, consider what they could do to help improve this (i.e. slow the movement down or focus on that one element).
- Later, share your **feedback with the teacher** on if and how the **glide shot put technique** improved throughout the lesson.

Hold the shot  
under the chin and  
against the neck



Keep the elbow  
high throughout



Push right arm  
long and high,  
extending at elbow



Start at rear  
of circle keeping hips  
& shoulders square  
to the back

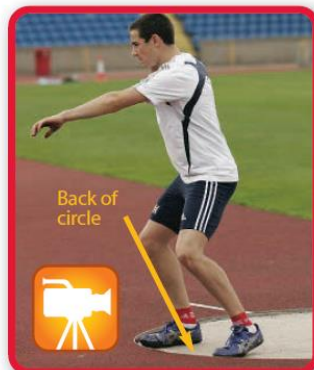
Drive the hips  
towards the front of  
the circle before the  
shoulders

After glide: land  
in 'power position' with  
shoulders well back

# Throwing: Glide Shot Put

Pupil  
Task Card  
STAGE 3

## Preparation



- ☐ Starts at the rear of the circle with back to direction of throw
- ☐ Keeps hips and shoulders square to the back of the circle
- ☐ Draws left leg into a crouch position

## Glide



- ☐ Shifts body weight backwards over the right heel
- ☐ Drives the hips towards the front of the circle
- ☐ Push through the ball of the right foot
- ☐ Pull right foot quickly underneath the body
- ☐ Land in the 'Power Position'

## Delivery & Release



- ☐ Drives and turns the right hip up and forwards over the straightening left leg
- ☐ Right arm punches long and high, after a full extension of the legs and trunk
- ☐ Keeps the elbow high throughout the throw
- ☐ Pushes the right arm long and high in delivery

## Common Technical Faults

1. **Body weight is too far forward on landing**
2. **Unable to drive right hip forwards on delivery**

## Potential Corrections

Ensure the weight is on the back foot when landing and the hips are ahead of the shoulders.  
Land in the 'Power Position' (with correct feet spacing) after the glide to ensure good body positioning.

Using the information above and your observations, identify two **strengths** of the pupil you observed.

1. ....
2. ....

Based on your recorded observations, identify one area of **suggested development** and how this could **improve performance**.

**Development:** .....

**Impact:** .....

**Encourage pupils to use the Pupil Observation Model**  
[Click here](#)



# Throwing: Rotational Shot Put

Pupil  
Task Card  
STAGE 2

## The Task

- In pairs or small groups **observe** each other's **rotational shot put** technique.
- After a few **practices**, discuss what you each observed, providing **feedback** on the key points shown opposite.
- If anyone was unsuccessful in achieving one or more of these movements, consider what they could do to help improve this (i.e. slow the movement down or focus on that one element).
- Later, share your **feedback** with the teacher on if and how the **rotational shot put technique** improved throughout the lesson.

**Start at rear of circle with hips & shoulders square to the back**



**First step: drive and rotate right hip forward across the circle**



**Land on the ball of the right foot and keep it rotating anticlockwise**



**Start throw by rotating left heel inwards and turning on ball of the foot**

**Take a low running stride to the middle of the circle**

**Land in the 'power position' with shoulders back**

# Throwing: Rotational Shot Put

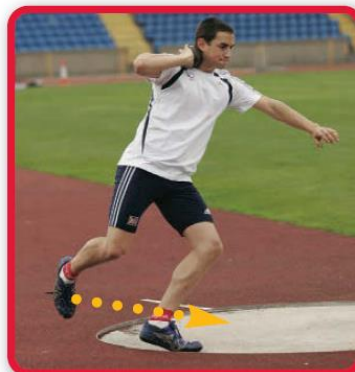
**Pupil  
Task Card**  
STAGE 3

## Preparation



- ☐ Starts at the rear of the circle with back to direction of throw
- ☐ Starts by rotating the shoulder away from direction of rotation
- ☐ Turns on the ball of left foot, rotating the heel inwards to start the movement

## Rotation



- ☐ Keeps hips and legs rotating forwards, ahead of the shoulders
- ☐ Takes a low running stride to the middle of the circle
- ☐ Stays low during rotation
- ☐ Lands on the ball of the right foot and keep it rotating

## Delivery & Release



- ☐ Lands in the 'Power Position'
- ☐ Drives the hips forwards and upwards
- ☐ Keeps the elbow high throughout the throw
- ☐ Pushes the right arm long and high in delivery

### Common Technical Faults

1. **Body weight is too far forward on landing**
2. **Unable to drive right hip forwards on delivery**

### Potential Corrections

Ensure the weight is on the back foot when landing and the hips are ahead of the shoulders.  
Land in the 'Power Position' (with correct feet spacing) after the glide to ensure good body positioning.

Using the information above and your observations, identify two **strengths** of the pupil you observed.

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