**The Shot Put**

**Description:** The shot put is a part of the track and field events. It is an exercise that emphasizes power, strength, and is also anaerobic. To be a shot putter, a person must be strong, flexible, and use a great deal of power.

**Key Word Analysis:**

**The Grip**
- Weight of the shot is placed where the fingers meet the palm.
- Thumb and the little fingers support the shot.
- Three middle fingers are used for power.
- Shot is held against the neck under the jawbone, underneath the ear.
- Elbow up as high as you can

**Power Position**
- If your right-handed, left toes are in line with your right heel, feet about shoulder width apart.
- Put your weight over your back knee, shoulders back, off arm either dangling at side or in front of body.
- On balls of feet
- Use off arm to aid in power. (Keep it tight and whip it around)
**The Glide**

**Start**
- If you’re right handed start with weight over right leg.
- Left leg raises and makes an easy swinging motion.
- Shoulders back, Eyes back (towards back of circle at focal point)

**Motion**
- Back parallel to the circle
- Stay low!!
- Right leg pushes back across circle off heel of foot.
- Left leg kicks up and back.
- Left arm slightly bent in front of chest
- Right Elbow is up

**Finish**
- Land in Power Position with shoulders and eyes back, back parallel as much as possible.
- Right leg snaps underneath thrower
- Left leg lands at 5 o’clock
- Lead with the hips
- Weight transfers to right leg
- Right foot replaces left foot
- Throwing arm extends upward
- Fingers snap shot for underspin
- Left arm is pulled back and in
- Head Up, Eyes Up
- See the shot leaving the Hand