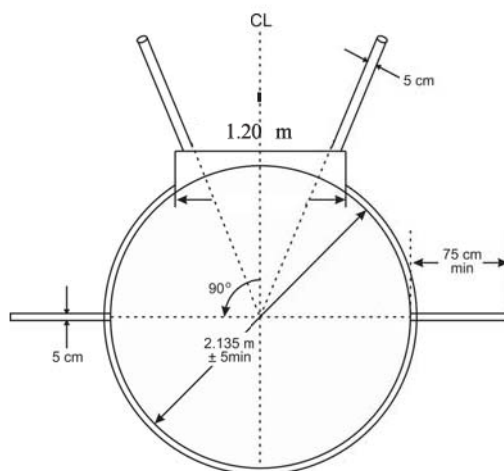


Play field

Play field of shot put is a circle with diameter of 2.135 mts. The rim of the circle shall be made of band iron, steel or other suitable material. The ground surrounding the circle may be concrete, synthetic or any suitable material. Angle of throwing sector is 34.92° . To draw an angle there is a specific method. Which is as follows :

**Shot Put Ground****Figure 1**

First mark a straight line from the centre of the circle towards throwing area. This line will make a 90° angle with diameter line of the circle. From both side of this line towards throwing area draw two straight lines of 20 mts each from the center of the circle. If distance between end point of this two lines is 12 mts, then angle would be 34.92° . To verify this angle draw an arc with radius of 1 mt from the centre of the circle, which touches both the throwing lines at a distance of 60 cm. If with radius of two metres arc is drawn then distance will be 1.20 mts. Lastly with the radius of 20 mts if arc is drawn the distance should be 12 mts.

To draw an angle of 34.92° there is another method. According to this method, from the center of the circle mark 20 mts long straight line towards throwing area. From the end of this line draw an arc of 12 mts and then from the centre of the circle draw a arc of 20 mts. Where this arc crosses the arc of 12 mts line, draw 20 mts line towards centre point. This angle will be of 34.92° .

Equipments**(1) Iron Rim :**

Inside diameter of the rim should be 2.135 mts. Rim should be at least 6 mm thick & 7.6 cm high & shall be white. Inside part of rim should be concrete, synthetic or other suitable material, the top of which shall be flush with the ground outside. The surface of this interior part shall be leveled 1.4 cm to 2.6 cm. lower than the upper edge of the rim of the circle.

(2) Stop Board :

It shall be placed so that its centre coincides with the centre line of the landing sector (see figure - 1). The stop board shall be 11.2 cm wide and 1.20 mts long & 10 cm high in relation to the level of the inside of the circle.

Techniques (Skills) of Shot Put

(1) Grip, (2) Stance, (3) Action before throw : (i) 'T' Position of Crouch (ii) Glide., (4) Throw & release (5) Reverse (Balance).

(1) Grip (Hand Held) :

The shot should be placed on the roots of the fingers of strong hand. The grip largely depends on the width of palm and the length and the spread of the fingers. The thumb and little finger provide lateral support while remaining fingers are spread slightly to support the weight of the shot from behind.

(i) First type : In this type first, second and third fingers are spread across the shot and the little finger remaining slightly bent. The thumb provides support to the shot.

(ii) Second type : In this type all fingers of strong hand remain spread across the shot. The thumb provides support to the shot from opposite side.

(iii) Third type : In this type all fingers of strong hand are spread. The shot is kept on the base of fingers. If fingers are short, this method is more advantageous.

After taking any one of above grips the shot is rested on the collar bone.



Grips

Figure 2

All the three types are shown in the figure no. 2.

(2) Stance :

Athlete grips the shot with his strong hand and stands in that position in the throwing circle for putting the shot is called the 'Stance'.

While taking the stance the athlete stands in the rear half circle with the right leg just behind the circle at 180° and keeps that leg slightly bent from the knee. Left leg should be approximately 25 to 30 cm away from the right leg. Plants the toe at shoulders length distance. Keeps the left hand loose and slightly bent from the elbow and keeps it raised from the shoulder.



Figure 3

(3) Action before throw :

Action before throw is divided into two parts - (i) 'T' position and Crouch (ii) Glide.

(i) **'T' Position and Crouch :** The athlete swings the left leg and make a 'T' position and then comes to the crouch position to gain the momentum. The athlete takes the left leg backward and forward to make a 'T' position. From there he brings the body into the crouch position.

(ii) **Glide :** Bring the left leg backward to forward. Contact of the right leg is with the ground, Glide is performed in the direction of throwing area. While taking glide there should not be any change in body position. With the glide right leg will reach to the centre of the circle then action of throw begins.

(4) Throw and Release :

At the end of gliding the right leg is straightened from the knee through the push of the right toe in the

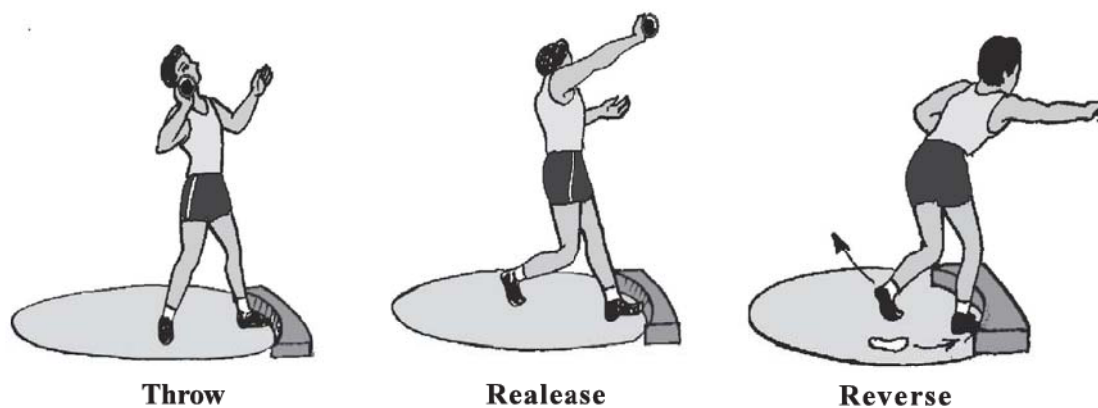


Figure 4

same momentum which brings the torso into motion. The torso is brought forward the left hand is bent from the elbow and then brought behind with a swing. This gives extra momentum to the right shoulder and using this momentum the shot is thrown with the right hand at an angle of 40° to 45° . While throwing the shot, the ultimate push is provided by the fingers and the wrist.

Throw and Release is shown in figure no. 4.

(5) Reverse (Balance) :

At the time of throw and release the body gains so much momentum that it becomes necessary to change the leg in order to keep the balance of the moving body. While changing the leg, the right leg is placed within the circle and near the stop-board and the left leg is brought behind with a swing. At this stage the entire body weight remains on the right leg and therefore the body slightly bends from the right knee.

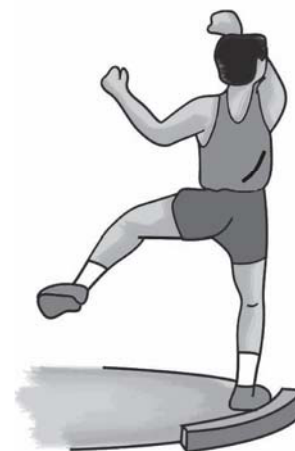
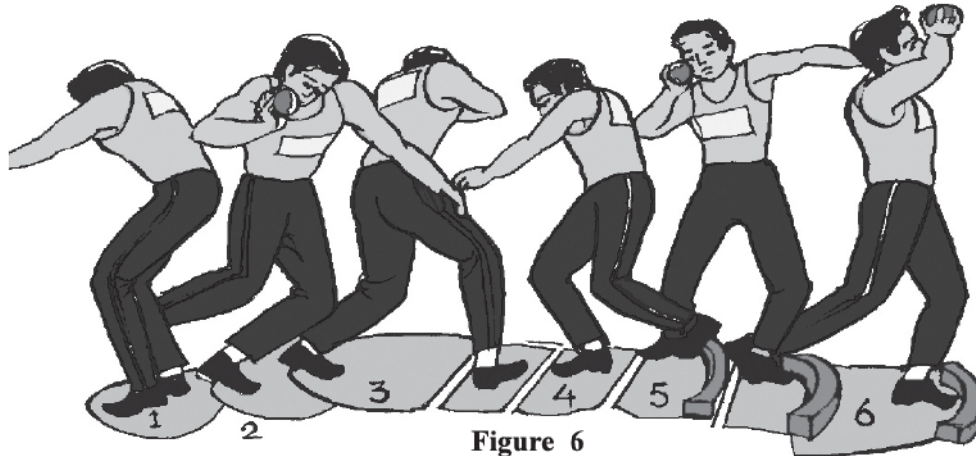


Figure 5

Disco Put Method :

It is a combination of discuss throw and shot put that is why it is called Disco Put method. Instead of T Position and glide the turning (rotation) is made. After the turning action in shot put athlete gains more momentum. So this method is called Disco Put Method.

In this method right leg should be kept in the centre of the circle and left leg is kept in the right direction, of right leg at the suitable distance.



The shot will be caught slightly under the chin and elbow should in upward direction. This is the stance of Disco Put technique.

For the turning bend both the legs from the knees. Take body weight on the right leg to take a rotation. The right foot will come into the centre of the circle and left foot will be towards the stop board.

In this rotational action body performs a rotational motion. Best players will take turning two times in this technique.

In two time rotations, athlete gets the double rotational motion.

For transferring rotation a motion to throw and release, all actions of turning, throw & release should be done continuously.

EXERCISE

1. Answer the following questions in detail :

- (1) Explain the significance of three types of grips in shot put.
- (2) Discuss 'T' Position and Stance in shot put.
- (3) Explain Disco Put method in shot put.
- (4) Describe the method of marking 34.92° angle.

2. Answer the following questions in short :

- (1) Explain Throw and Release in shot put.
- (2) Explain Reverse or Balance in shot put.

- (3) Explain how Disco Put technique in shot put came into existant.
- (4) How rotation is taken in Disco Put ?

3. Answer the following questions by selecting correct choice from the options given below :

- (1) What is the diameter of the circle in shot put ?
 (a) 2.145 mts (b) 2.135 mts (c) 2.145 mts (d) 2.155 mts
- (2) What is the measurement of 'Throwing angle' in shot put ?
 (a) 33.92° (b) 34.92° (c) 35.92° (d) 36.92°
- (3) What is the length of stop board in shot put ?
 (a) 1.20 mts (b) 2.22 mts (c) 2.00 mts (d) 3.00 mts
- (4) Where the shot is kept cleaning the stance in shot put ?
 (a) Away from the shoulder in palm
 (b) Away from the shoulder on fingers & thumb
 (c) With the help of fingers & thumb near the neck on collar bone
 (d) In palm & under the shoulder
- (5) Why 'T' Position and Crouch action is taken in shot put ?
 (a) Producting energy in legs (b) For Balance of the body
 (c) To gain motion in throwing action (d) Producting energy in hands & legs
- (6) In which hand is the shot held ?
 (a) Right hand (b) Left hand (c) Stronger hand (d) Free hand
- (7) At what angle is a shot being put ?
 (a) 30° to 44° (b) 40° to 45° (c) 45° to 50° (d) 50° to 55°
- (8) What is the height of rim in shot put ?
 (a) 56 mm (b) 66 mm (c) 76 mm (d) 86 mm
- (9) What is the thickness of rim in shot put ?
 (a) 4 mm (b) 5 mm (c) 6 mm (d) 7 mm
- (10) Which colour is used to paint a iron rim in shot put ?
 (a) Orange colour (b) Green colour (c) Purple colour (d) White colour
- (11) What is the height of stop board in shot put ?
 (a) 8 cm (b) 90 cm (c) 10 cm (d) 11 cm

