



AN INTRODUCTION TO THE THROWS

THE BASIC PRINCIPLES OF THROWS



32

The throwing events can be thought of as growing from a 'common root movement'. This is true in the case of shot, discus and javelin; the hammer rests on similar principles, but must be introduced with a slightly different approach. Using the example of a right handed thrower, the basic principles involved in throwing are:-

- transfer of weight – from right leg/foot to left leg/foot
- build up of speed, slow to fast/low to high; starting low by bending the legs allows the large powerful leg muscles to operate first, gradually building up to an explosive release by arms
- extension of body from ankle → legs → hips → back → chest → arms; work in sequence, each adding speed to the throw
- rotation of right knee/hip towards the direction of throw.

Once the common root movement has been understood, this acts as a reference for the feel of throwing actions.

REMEMBER

When teaching the throws, safety is of vital importance, and staff are reminded that they should always adhere to the basic rules of good practice and safety which are provided in this text.

UNIT 10 Shot Put

Aim:

To achieve the longest put possible within the rules of the event.

When introducing shot, it is imperative that great care is taken to ensure that participants are safely arranged and spaced. (See Fig 10.1)

Example of placing and spacing:

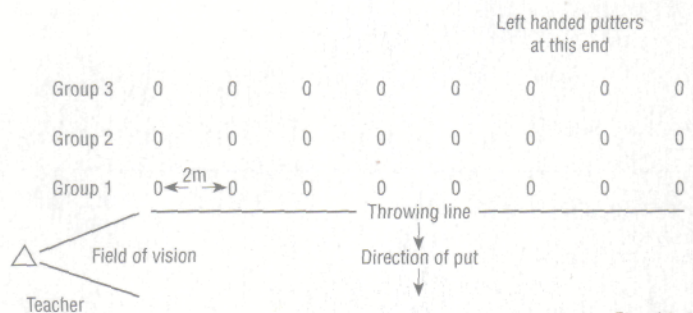


Fig. 10.1

Explain to the group that:

- Shots are only to be put on command of teacher: "ready throw".
- Shots may only be collected on command of teacher: "collect shots".

Full technique: See Table 10.1.

Basic technique:

- The basic technique is a throw from a standing put which accounts for about 90% of the distance thrown.
- The student should adopt a "chin – knee – toe" position, all in line with the left toe in line with the right heel. (See Fig. 10.2 below)
- From this power position, the right leg drives the hips to the front moving the body weight from right to left leg. When the chest is facing the front, the arm then punches the shot out with the elbow staying high.

Key points:

- chin – knee – toe
- hip drive
- low to high
- left side brace
- arms fast and last – elbow high

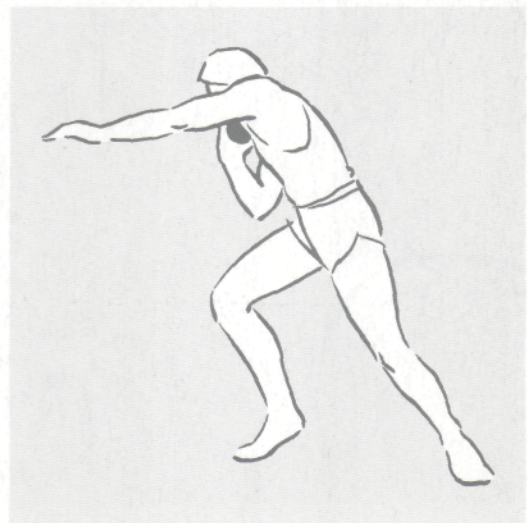


Fig. 10.2

TEACHING POINTS

The Grip

1. The shot should be placed at the base of the first three fingers with the thumb and little finger supporting at the sides.
2. Fingers evenly spread.
3. Shot placed under the chin with elbow high.

Standing Put Facing Direction of Put

Using arm only, push shot outwards from chin keeping elbow high.

Standing Put Facing Direction of Put

1. Bend legs, lift and push with arm.
2. After several successful attempts, encourage pupils to bend right leg, turning head and shoulders to face away from throw.
3. Instructions: TURN – LIFT and PUSH.

Standing Put

1. Adopt chin – knee – toe position.
2. Left toe in line with right heel.
3. Feet slightly wider than shoulder width.

The Shift

1. At this stage the type of movement from the back of the circle to the front is not too important so long as the thrower arrives in the chin – knee – toe position.
2. Use sideways action, step back or kick hop backwards (See Fig. 10.3).

Activities: (see diagrams Fig. 10.4 on page 36)

1. Putting:
 - a) Overhead for distance.
 - b) From a kneeling position.
2. Passing and Throwing:
 - a) Medicine ball pass.
 - b) Target put – who can throw nearest to a line in the sectors.
 - c) Two-handed put forwards.

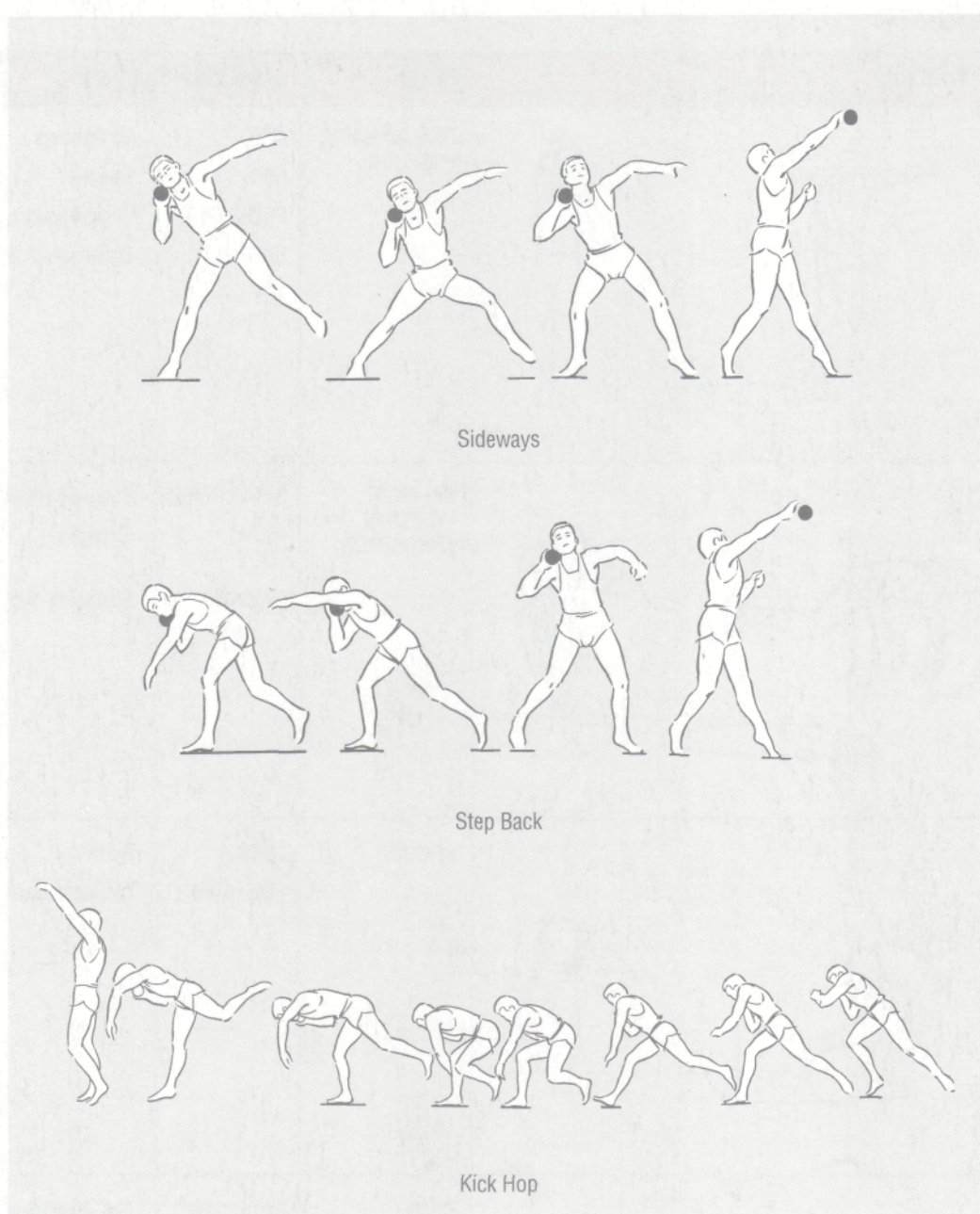


Fig. 10.3

3 Competition:

Sitting shot put competition

SIMPLIFIED RULES

- The put is made from a 7' (2.135m) circle with a wooden stopboard (10cm high) at the front.
- The putter must commence the throw from a stationary position and leave the circle under control, from the rear half.
- The shot must be put with one hand, from the shoulder close to the chin.

- The shot must land within a 40° sector; the distance is measured from the landing point closest to the circle

SAFETY

- Putting is a perfectly safe activity which can be deadly. (We read earlier that the origins of some putting implements were used for killing or injuring). Always ensure that pupils are placed in safe environments created by common sense rules, such as: "ALL THROW – ALL RETRIEVE"

"LOOK BEFORE YOU THROW"

"CHECK EQUIPMENT".

These and others are all essential if the number of active throwers and teachers is not to be reduced!

- It is important to instil self-discipline into the students and to understand the dangers that become apparent with carelessness.



33

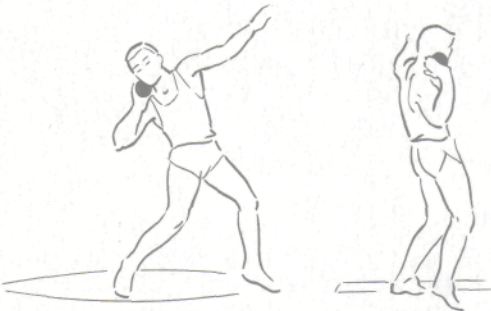
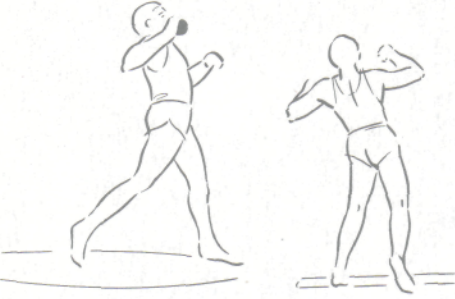
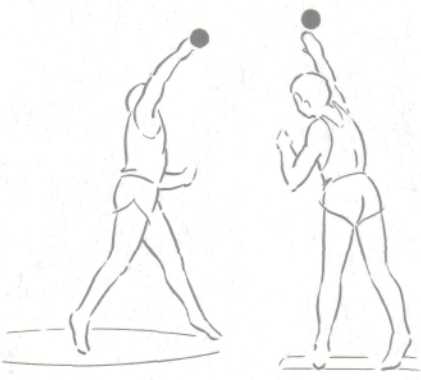


Table 10.1

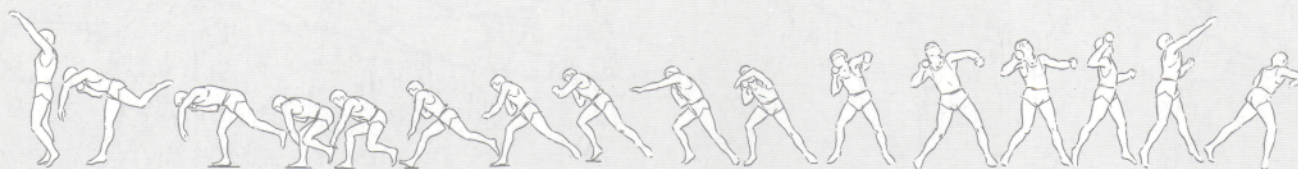


34

SHOT PUT		PHASE	OBSERVATION POINTS	
		PRELIMINARY POSITION	FEET HIPS SHOULDER SHOT	Straight on. Square. Closed/square. Close into side of neck or under chin.
		BALANCE POSITION (T-POSITION)	SHOULDERS RIGHT FOOT FREE LEG	Square/parallel to rear. Straight. Balancing body.
		CROUCH	LEGS FREE ARM	Bent. Closed/square to rear leg.
		SHIFT	RIGHT LEG LEFT LEG FREE ARM EYES	Flat drive backwards off heel. Kick towards stop board. Closed/square to rear. Focused on back of circle.
		THROWING POSITION	HEAD AND SHOULDER CHIN/KNEE/TOE WEIGHT FREE ARM/SHOULDER	Facing back. All in line. Shot over right foot. Closed.

SHOT PUT (CONTINUED)	PHASE	OBSERVATION POINTS	
	LIFTING	HEAD LIFT RIGHT LEG HIPS LEFT LEG FREE ARM	Facing back. Drive. Drive to front. Bent, but then straightens. High.
	ARM STRIKE POSITION	RIGHT ELBOW HIPS RIGHT FOOT LEFT LEG CHEST HEAD	High. Pushed to front. Extended/braced. Push up. Look up.
	RELEASE	HEAD CHEST HIPS LEFT LEG ANGLE OF RELEASE OF SHOT	Look up. Push out. Forward. Straight/braced. 41°

Side view



35



36

ACTIVITIES – THROWS

The following may be used as practice for shot, discus and javelin.

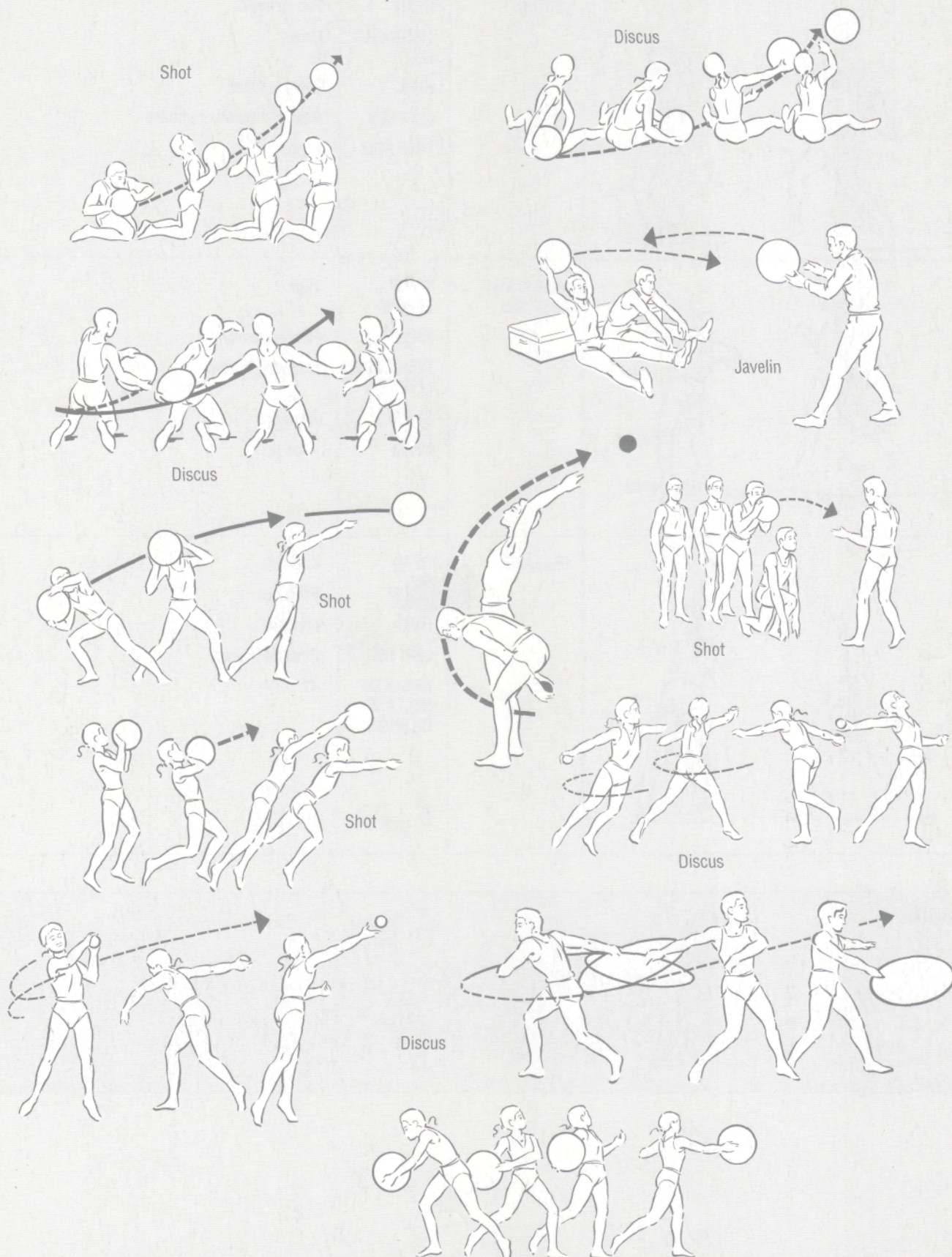


Fig 10.4