

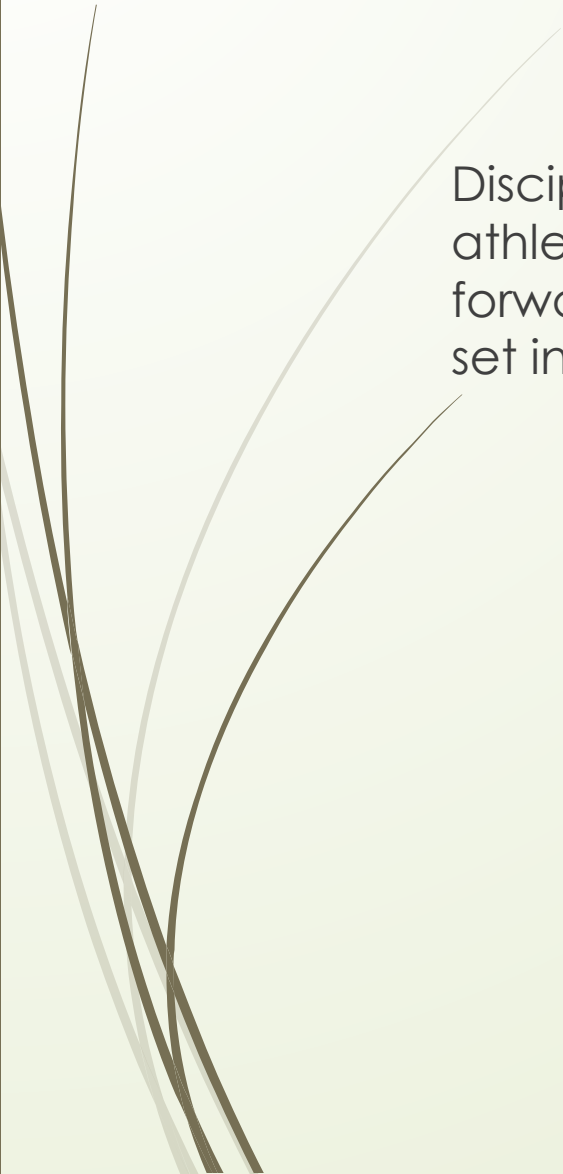


# Presentation on theme: shot put

Presentation was prepared by Igor Tkachenko



# THE HISTORY OF SHOT PUT




Discipline shot put originated in England in the mid 19th century. At the time athletes was done by the pushing method "jump", making the jump on one leg forward. The first world record was set in 1863 (10,62 m). The last world record set in this style, belongs to Randy Barnes (23,12 m).



# THE TECHNIQUE OF SHOT PUT

Currently the sport of athletics has developed a three way shot put:

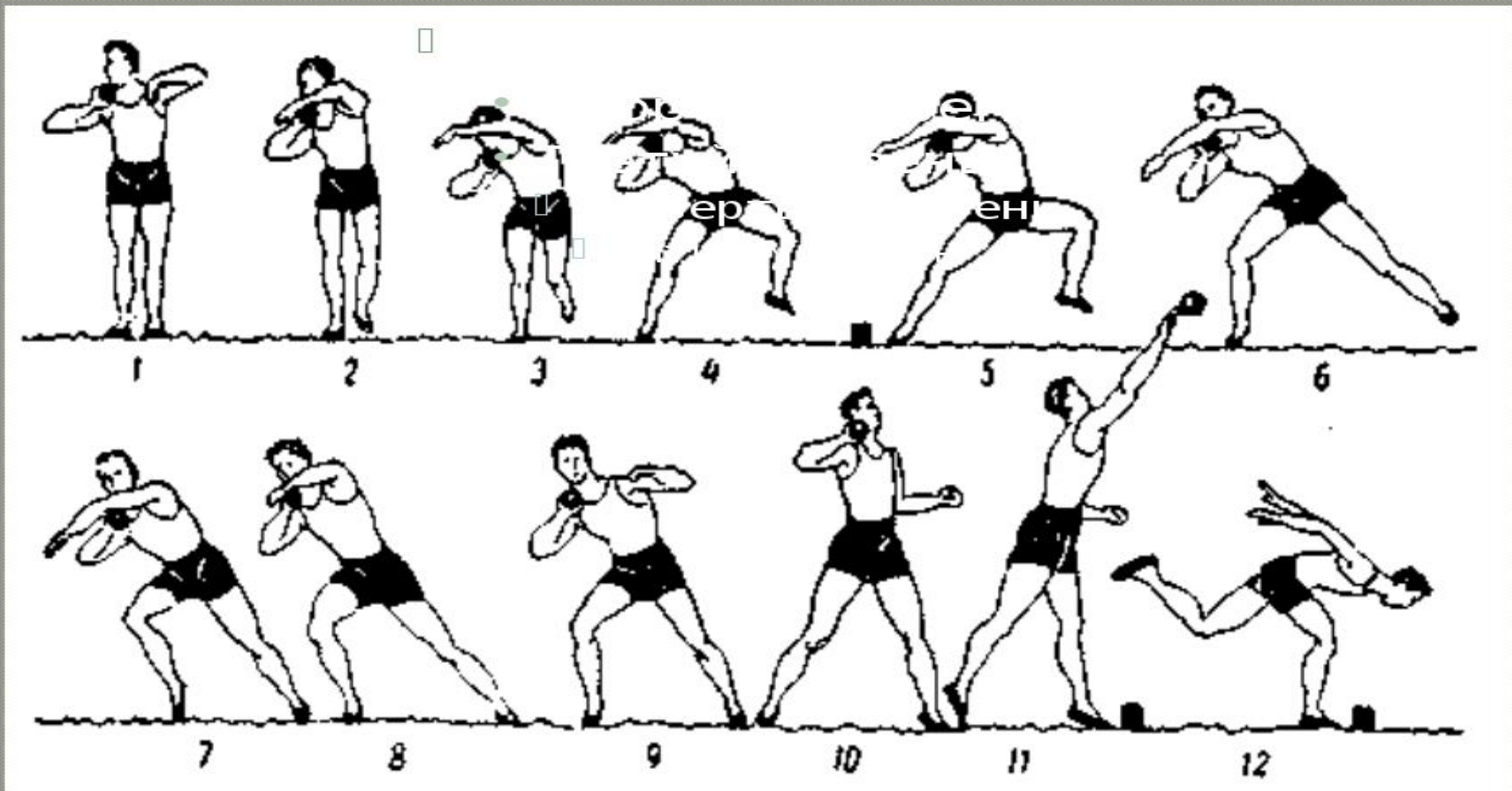
- from the starting position "sideways",
- "half-side"
- "back" to the direction of pushing.



## The technique of shot put from the starting position "sideways" to the direction of pushing

In the shot put this way the athlete stands at the rear edge of the circle. Right leg is close to the border of the circle and the foot is placed perpendicular to the diameter of the circle passing through the center of the segment. The left leg is placed behind (15—20 cm) right. The weight of the body mainly on the right leg. The palm of the right hand facing forward. The forearm and shoulder of the right hand are in one plane. Arm is strongly flexed at the elbow. The elbow of the right hand is lowered slightly downward and forward. The torso leans slightly to the right. Shoulder right arm reserved approximately at right angles to the body. Left arm raised to side-up and freely bent at the elbow or straight. The head is slightly turned to the right and covers the chin the core

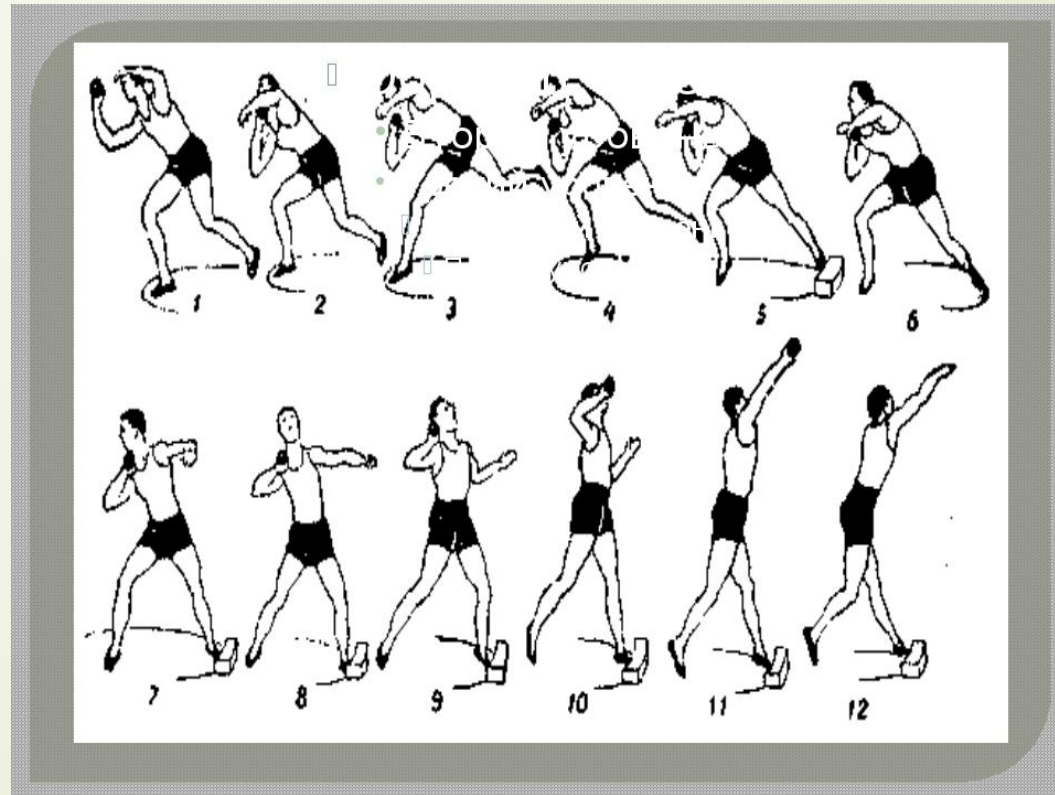
# Shot put "sideways"



# The technique of shot put from the starting position "half-side" to the direction of pushing

To perform the shot put this way the athlete gets into a starting position, putting to the direction of pushing of the right foot approximately at an angle of  $45^\circ$ . Right leg bent at the knee, depending on the strength of the legs: do students with weak legs, the bending will be less. The torso leans forward — to the right, bending at the hip joint. Right arm, bent at the elbow, supports the core, located near the neck, closer to the chin. The shoulder of the right hand is perpendicular to the torso. The forearm is vertical. The elbow of the right hand dropped down and is just below the kernel, a bit to the right knee. Left arm, slightly bent at the elbow, is pulled in a direction-forward and closes the chest of the thrower. Shoulders deployed approximately at an angle of  $45^\circ$  to the direction of pushing, the left shoulder slightly higher than the right. The head is raised slightly and covers the core of the chin. View facing opposite to the pushing direction. Left foot, completing preliminary Mach, preparing for basic blunder followed by the jump.

# Shot put "half-side"

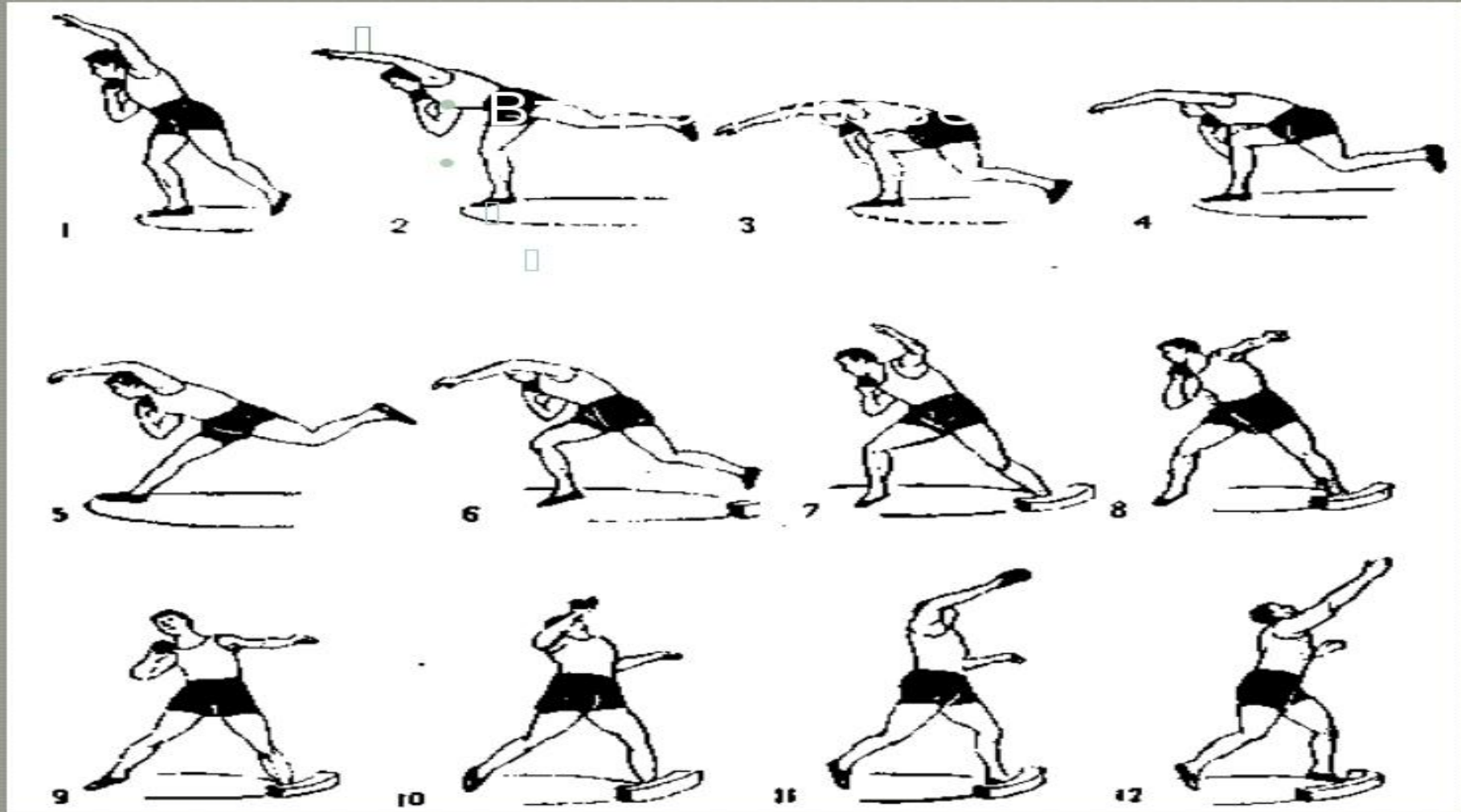


# The technique of shot put from the starting position "back" towards the direction of pushing

- Before the shot put this way, the athlete stands to the rear edge of the circle. Starting position the right foot is placed on the line corresponding to the direction of the jump, the right leg slightly bent at the knee; the body weight is on right leg; left leg freely set the toe back, heel against the right foot, at a distance of 40-50 cm; the core is near the surface of the neck and covered his chin; shoulder of the right hand, as well as with other ways of pushing, is located at a right angle to the torso, the forearm is in a vertical position, the elbow down and under the core.




# Shot put "back"




# Rules

- Competitors execute a throw in the sector size is  $35^\circ$ , the vertex of which begins in the center of a circle with a diameter of 2,135 meters. The distance of the throw is measured as the distance from the outer circumference of this circle to the point of fall of the projectile. The weight of the nucleus in the men's event — 7,257 kg (= 16 lb), while in the women's 4 kg. the Kernel must be smooth enough to meet the class of surface roughness No. 7. In official competitions, the participants performed six trials. If more than eight participants, then after the first 3 attempts the top eight are selected, and in the next three rounds, they play the best for maximum result in six attempts.



Once the athlete is in the circle before starting the attempts, the kernel must touch or be fixed at the neck or chin and the hand shall not drop below this position during the pushing. The kernel should not be taken behind the line of the shoulders. Push the core is permitted in one hand, prohibited the use of any gloves. It is also prohibited bandaging the palm or fingers. If the athlete bandaged the wound, he must show the hand of the judge, who will decide on the admission of athlete for competition. Olympic champion 1912 Patrick McDonald (USA) a common mistake is running out of the ring or just touch the top edge of the rim of a circle when performing push before the kernel touches the ground. Sometimes when you perform an unsuccessful attempt athletes purposely out of the circle, so that their attempt was not measured



# The best latvian shot putter

Māris Urtāns (born 9 February 1981 in Riga) is a Latvian shot putter. His personal best throw is 21.63 metres, achieved on 19 June 2010 in Belgrade.

He finished ninth at the 2005 Summer Universiade and won the silver medal at the 2007 Summer Universiade. He also competed at the 2006 European Championships, the 2007 and 2009 World Championships, the 2008 Olympic Games and the 2012 Olympic Games without reaching the final.

