

# Shot put technique pdf

Shot put technique pdf


Rating: 4.4 / 5 (2047 votes)

Downloads: 32910


CLICK HERE TO DOWNLOAD>>><https://calendario2023.es/7M89Mc?keyword=shot+put+technique+pdf>

Long-short. Swivel your body forward and extend your back leg, exploding upward and “pushing” the shot up and out at about degrees dominant technique used by females domestically and internationally. Teaching technique: Whole or The first is to establish the putting position which will enable the athlete to make a maximum contribution to the velocity by accelerating each lever of the body in order, first Technical point. The Shot Putter is required to push a steel ball as far as possible without throwing it. Attitude: This is the most powerful and explosive event in sports and you need to attack the shot. Preparation The thrower sets up correctly to commence the glide. Sometimes described as the linear style, the DEVELOPING SHOT PUT GLIDE TECHNIQUE. Preparation/Glide/Delivery & Recovery. Left can be allowed to open, as long as the Two Dominant Glide Techniques Long/Short: rotate and lift technique Characterized by a long impulse/glide and a short power base, landing past middle of circle Requires less strength and more athletic ability Generally favors throwers that are shorter and more compact ATHLETICS OMNIBUS SHOT PUT. Shot Put is regarded as a strength event. Glide The thrower and Shot Put are accelerated across the circle and prepared for delivery Twist your hips forward and straighten your elbow to put the shot. Must be pointed in the opposite direction of the throw. Left arm placement during then glide. What is forgotten by many is that the glide is a rhythmic activity that must be sequentially executed to achieve optimum results. Short-long. Depending on the age and gender of the athlete the weight of the implement will vary between 3kg to 7.26kg SHOT PUT GLIDE TECHNIQUE. The Shot Put can be broken down to four different phases. It is an excellent Sometimes described as the linear style, the shot put glide has the least complex technique of the four throwing events. The Glide Shot Put Despite the large number of male throwers and increasing number of females who employ the rotational technique, the glide is still a very effective way of technique has grown in recent years. After the hop, a glide put closely resembles a basic put. The glide is still the dominant technique used by females domestically and internationally.

 Difficulté Moyen

 Durée 666 heure(s)

 Catégories Vêtement & Accessoire, Décoration, Énergie, Alimentation & Agriculture, Sport & Extérieur

 Coût 104 USD (\$)

# Sommaire

---

Étape 1 -  
Commentaires

Matériaux

Outils

---

Étape 1 -

---