



SHOT PUT EVENT WORKOUT #2

REQUIREMENTS

Shot Put

DURATION

60-90 Minutes

TEAM WARMUP (10-15 MINS)

Jogging Warmup

2-3 Laps. Jog Forward, Skip Forward, Jog Backward, Skip Backward, Side Shuffles

Team Static Stretch

Shoulder/Chest, Butterfly, Seated Hamstring, Hip Twist, Kneeling Hip Flexor, Quads, Calves

Dynamic Warmup

Arm Swings, Leg Swings Side to Side & Front to Back, Glute Kick Run, Straight Leg Bound, High Knee Run, Backwards Run

Build-Ups

3 x 80m - 60%, 80%, 80%

SHOT PUT DRILLS (40-60 MINS)

Wrist Flips Drill 10-15 mins

Athlete stands at the front edge of the throwing circle, flicks wrist to throw shot

Kneeling Shot Put Throw Drill 10-15 mins

Kneel on right knee in shot put circle, left arm extended out

Seated Throw Drill 10-15 mins

Requires stable chair that can support the weight of the athlete, the shot put and the motion to throw the shot

Full Throw Drill 10-15 mins

Athlete executes full throwing motion

TEAM COOLDOWN (10-15 MINS)

Jogging Cool Down

1-2 Laps. Jog Forward, Jog Backward, Side Shuffles

200m Walking

Heel Walk, Backwards Walk

Team Static Stretch

Shoulder/Chest, Groin, Hips, Quads, Calves