**SHOT PUTT TEACHING CARD**









**Shot Putt Checklist**

Task: Watch your partner throw 3 times. Check to see if your partner demonstrates any of the following teaching points?

|  |  |  |
| --- | --- | --- |
|   | YES  | NO  |
| Shoulders facing away from the direction of throw?  |   |   |

|  |  |  |
| --- | --- | --- |
|   | YES  | NO  |
| Elbow high?  |   | Shape  |



|  |  |  |
| --- | --- | --- |
|   | YES  | NO  |
| Left foot toes in line with heel of right foot?  |   |   |

|  |  |  |
| --- | --- | --- |
|   | YES  | ShapeNO  |
| Both legs bent?  |   |   |



|  |  |  |
| --- | --- | --- |
|   | YES  | NO  |
| Left arm kept high?  |   |   |

|  |  |  |
| --- | --- | --- |
|   | YES  | NO  |
| Hips driven forwards and upwards?  |   |   |

|  |  |  |
| --- | --- | --- |
|   | YES  | NO  |
| Weight transfers from right leg to left leg?  |   | Shape  |

|  |  |  |
| --- | --- | --- |
|   | YES  | NO  |
| Legs and body extend?  |   |   |

|  |  |  |
| --- | --- | --- |
|   | YES  | NO  |
| Arm pushes long and high?  |   |   |

