

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No. I (Part-B 1)

Topic No. B (2)

Topic Name: Shot Put

Lecture No.: 46

Lecture Title

Shot Put-1

References

Shot Put & Discus Drills: The CoachTheThrows Guide Paperback – June 18, 2012by Dave Hah

The Shot Put Handbook- Larry Judge, Mike Young

Complete Book of Throws By Jay Silvester

Links

<https://www.youtube.com>

<https://www.olympic.org>