

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No. K<sup>3</sup>Rct v/D'3+**

**Topic No. B (2)**

**Topic Name: Shot Put**

**Lecture No.: 47**

**Lecture Title**

**Shot Put-2**

**F.A.Qs**

**Question 1 What are the basic technique for the Shot Put?**

**Answer** These are the techniques used in shot put: shot grip and placement, neck placement, delivery of shot, power position, glide position

**Question 2 What is 1-2 drill**

**Answer** This drill is used to teach the thrower to keep the shot back on the hip.

**Question 3 How shot put work in the power position?**

**Answer** The beginning of the shot put motion is designed to put the thrower into the power position with the thrower's weight back, the left arm higher than the shoulder, the back arched, both feet flat on the ground, and the shot behind the right hip and knee. To get to that position, shot putters using the glide technique.

**Question 4 How the length of the throw is measured?**

**Answer** The length of a throw is measured from the edge nearest to the throwing circle of the first indentation made by the shot, to the "inside edge of the stop board nearest such mark."

**Question 5 How a player hold shot put?**

**Answer** The shot is held at the base of the fingers not the palm. It is slightly spread apart with the thumb for support. The hand will be bent back in the cocked position when holding the shot.