

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.: 47

Lecture Title

Shot Put-2

Summary

Shot put is a throwing event of Track and Field competitions. Shot put is very old. Today it is about propelling a metal ball as far as possible. In short player should keep the shot against the neck during the movement. • Leg and hip lead the movement • Shot put is a pushing action whose force comes from the ground up, through legs, hips to shoulders and then to arm.