



Glossary:

- 1. Stance :-** The way in which an athlete stands (Inside a circle) before starting a throw.
- 2. Glide :-** In the shot put of O'Brien style, the athlete leans his body forward with his supporting leg, raising the other leg behind. The free leg is bent and kicks backward with the supporting leg slides on the flat of foot.
- 3. Reverse :-** To stop an athlete fouling the scratch line, the athlete performs the scratch line, the athlete performs a reverse action.
- 4. Fork type :-** A style of holding the Javelin at the cord between Index and middle fingers.
- 5 cross Step :-** In javelin Throw immediately before the throwing stride the thrower contact the ground with a right foot before to body weight moves over and beyond the foot.
- 6. Stop Board :-** A wooden white board in the shape of an arc, the inner surface aligns with the inner edge of the rim of the circle of shot put.