Shot put comprises four phases:

1. **PREPARATION**

2. **THE GLIDE**

3. **THE THROW**

4. **RECOVERY**

The following instructions assume the athlete is a right-handed thrower. For left-handed throwers, foot, leg, hand, arm and body instructions should be directed in the opposite manner.
1. PREPARATION

- The athlete faces the back of the circle with their weight on their right foot and knees slightly bent.
- The athlete holds their shoulders squarely to the back of the circle.
- The athlete rests the shot on the base of the right hand fingers with the thumb supporting the back of the shot.
- The athlete presses the shot into the front part of their neck.
- The athlete’s right wrists should be at right angles and their right elbow up and level with the shoulder.
- The athlete’s eyes should be focused on a point on the ground one metre from the back of the circle.

2. THE GLIDE

- The athlete draws forward their left leg bent.
- The athlete then drives their left leg back quickly, while driving hard off their right.
- The athlete must drive off their right heel. This assists in keeping the athlete’s body position low through the centre of the circle.
- The athlete keeps their shoulders facing the back of the circle. It helps to place a marker on the ground for the athlete to look at while they drive from the back to the centre of the circle.
- The athlete’s body weight must be over their right leg as they hit the centre of the circle.
- The athlete’s right foot will land first, with the left foot landing immediately afterwards.
- The athlete’s right knee should be bent at 90 degrees, ready to drive the hip upwards and forwards. This helps to achieve the optimum angle of release.
- The athlete’s right foot must be positioned on the ball and angled close to 90 degrees to the front of the circle.
- The athlete extends their left leg and places their left toes only on the ground in line with their right heel.
- The athlete’s left foot should be slightly to the left of the centre of the toe board.
- The athlete’s right knee should be bent at 90 degrees while the athlete’s upper body is frozen facing the back of the circle.
- The athlete should now be in the power position, with their right knee, nose and right foot toes in line. A straight line should be able to be drawn from the athlete’s left toes to their left shoulder.
- The athlete’s left foot must remain grounded as long as possible in order to take advantage of ground reaction forces.
- The athlete’s left arm must be relaxed and hanging loose, ready to drive up and around in the throw phase as they land in the power position with the shoulders square to the back of the circle.

"During the glide phase, the emphasis should be on maintaining constant horizontal velocity. The shot should be moved from the back of the circle to release with continuous acceleration."
3. THE THROW

- As the throw commences, the athlete’s left foot is grounded with their toes facing the direction of the throw. The left foot must end up flat on the ground.
- The athlete braces and straightens their left side. This position is referred to as a left side block. The left side block helps to accelerate the athlete’s right side as the force is transferred from the left to the right side.
- The athlete turns, pivots the ball of their right foot and turns their right hip aggressively to the front.
- The athlete punches their left elbow up high and around. It is imperative the punch is high and straight to ensure the athlete effectively gets their body in a position under the shot.
- The athlete’s right hand palm must be pointing up as the drive commences.
- The athlete’s upper body should still be positioned behind their right hip. This position allows for an expanded chest, which in turn allows for a more explosive throw.
- The athlete must delay their upper body for as long as possible to allow their right leg to lead the throw.
- The athlete turns their right leg bent to the front, then rapidly extends their right leg while their right side pushes against a rigid, braced left leg. This lifting action is what drives the shot upwards and forwards.
- The correct throwing sequence for shot put is left arm, right leg, then right shoulder. The left arm is activated first to expand the chest muscles and create a faster release. This is followed by the leg actions and finally, the upper body movements.
- The athlete then transfers their body weight quickly from their right leg to their rigid left leg.
- The athlete punches their right elbow above their shoulder as they straighten their right leg.
- The athlete’s right hand palm faces upwards as the shot is released.
- The athlete then fully extends both legs.
- The athlete’s right foot must stay grounded until just before the shot is released from their hand. This will maximise the force applied to the shot, and subsequently increase both the velocity of the shot and the distance the shot is thrown. Breaking contact with the ground too early indicates a lack of arm strength in the athlete.
- The athlete’s chest must be facing square to the front as the shot is released.

4. RECOVERY

- The athlete’s right leg jumps to the front as the shot is released, with the left leg reversing. This action allows the athlete to apply continuous force against the shot for a longer period. The left leg reverse must only occur as the arm strikes, otherwise early ground contact will result in the shot losing distance.