

## **PUSH THROW (Double armed Push)**

### **22. Shot Putt and Chest Push**




A **push throw** refers to the **Shot Put or chest push / pass action**. Shot put requires strength, explosive speed, balance and control. Athletes should practice various push throwing actions as well as pivoting and gliding movements to aid their shot put.

### **1, RED – Stage 1 Red Challenges**

22a) Wait for instruction from coach before **throwing and retrieving implement safely**.

22b) Push an object up and forwards to gain height and distances, and aim at a **raised target**.

22c) Demonstrate a standing two handed push throw, **extending arms through the elbows**

 <p>Chest Throw – Feet fixed &amp; do not move. Go up on Toes. Wait and collect for next. Markers?</p>	 <p>Push an object up and forwards to gain height and distances at a raised target.</p>	 <p>Standing two handed push throw, <b>extending arms through the elbows. Aiming HIGH.</b></p>
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### **2. YELLOW**

22a) Demonstrate a standing two handed push throw (as Red) with **knees bending then extending prior to throw** (legs before arms).

22b) Demonstrate a standing two handed push throw, with **flicking action through the wrist and fingers**.

22c) Demonstrate a standing **two handed push throw (as above) stepping into the throw**.

22d) Demonstrate a two handed backward, overhead toss, bending & extending 'legs before arms'

 <p>knees bending then extending prior to throw (<u>legs before arms</u>).</p>	 <p>flicking action through the wrist and fingers. Fingers point up?</p>	 <p>stepping into the throw.</p>	 <p>backward, overhead toss, bending &amp; extending 'legs before arms' backward, overhead toss, bending &amp; extending 'legs before arms' backward, overhead toss, bending &amp; extending 'legs before arms' backward, overhead toss, bending &amp; extending 'legs before arms'</p>
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### 3. GREEN

- 22a) **Move body parts in an effective order to aid** a two handed push throw for distance and efficiency (**from legs to hips to arms**).
- 22b) Correctly hold a shot put in hand, with **Shot resting on fingers and not palm (dirty fingers, clean palm)**. Shot placed **under the chin at the side of the neck** and with **elbow high**.
- 22c) Demonstrate a **kneeling single arm push throw, with extension through elbow and wrist**.
- 22d) Demonstrate a kneeling single arm push throw (as Green 22c) with rotation through waist to increase force.
- 22e) Identify preferred putting/pushing arm

 <p>Walk and throw with high hands hips</p>	<p>Shot first three fingers right hand not palm and elbow high</p> 	 <p>kneeling single arm push throw, with extension through elbow and wrist. UP AND FORWARD PUSH- ELBOW AT SIDE BEFORE PUSH.</p>	 <p>a kneeling single arm push throw (as Green 22c) with rotation BACKWARDS through waist to increase force</p>
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### 4. PURPLE

- 22a) Demonstrate a two handed push throw (Yellow - Red) with increased weight (Size 4 football - 1, 2 or 3 kg Med Ball).
- 22b) Demonstrate a standing frontal single arm push throw, with rotation through waist to increase force.
- 22c) Standing Shot Put: turn shoulders away from the direction of the throw in preparation (starting) position.
- 22d) Demonstrate 'Power Position' with left toes in line with the heel of the right foot (right handed thrower).
- 22e) Demonstrate 'Power Position' with both legs bent and weight on the ball of the right foot (right handed thrower).

### 5. BLUE

- 22a) Keep the throwing elbow high throughout the movement.
- 22b) Transfer body weight from the right leg to the left leg (right handed) in delivery phase (moving from 'Low to High').
- 22c) In delivery phase, drive and turn the right hip up and forwards over the straightening left leg.
- 22d) Keep the left arm high in the delivery phase.
- 22e) Perform an effective push throw (see Yellow to Blue) to reach a target on the ground.

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**6 BLACK**

22a) Left leg, then hip block prior to putting the shot (transferring force).

22b) Demonstrate full triple extension of the right leg (hip, knee then ankle).

22c) Drive hips forwards and upwards before releasing.

22d) Push right arm long and high extending at the elbow, then wrist and finally flicking with the fingers.

22e) Increase the weight of the Shot Put while maintaining technique.

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