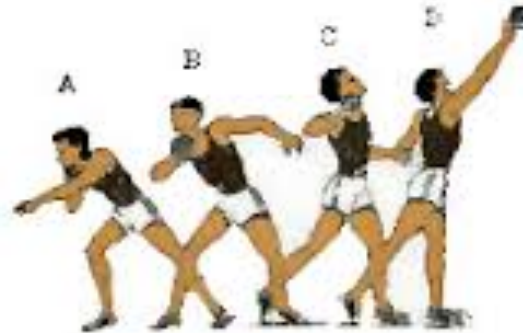


Shot Put



Hold shot in dominant hand, tucked under the chin (keep wrist and elbow tight)

Point opposite foot (of throwing hand) at target. Have the back foot toward the center of the circle

Squat and rotate body back

Explode toward target (explosion begins at hips, non-throwing hand is used as a guide and tracks the motion for the "putting" arm)

Release above head (up and out)