



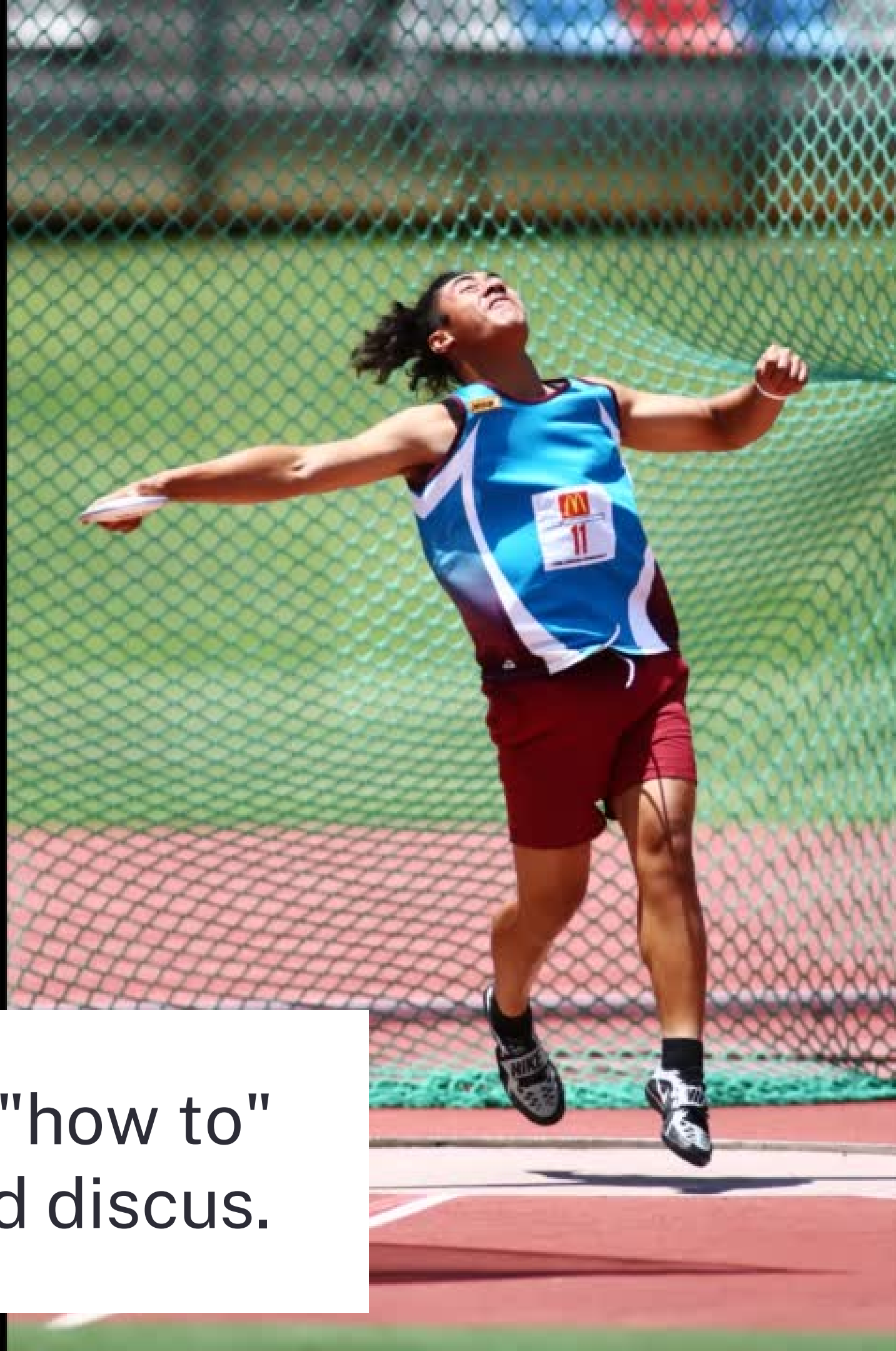
HOW TO.....

Hints and tips for helping your children

FIELD

- CIRCLE THROWS -

Today, we'll cover "how to"
do the shot put and discus.





BEFORE YOU START

- Ensure correct weight for age
- Ensure throwing circle is clear of debris
- Waiting athletes must stand behind the circle
- Officials in the sector must always face the circle

SAFETY

- Discus: a cage or some form of safety netting be in place
- Clearly defined throwing / landing area
- Shot and discus must be carried back to the circle not thrown or rolled

A close-up photograph of a person's hands holding a dark, speckled shot put. The person's face is partially visible in the background, looking down at the shot. The image has a red overlay on the right side.

TECHNIQUE - SHOT PUT

- Shot is cradled in the fingers and supported by the thumb
- Shot is pushed into the "hollow" of the neck
- Shot is PUSHED forward and delivered from a tall, front on position



TECHNIQUE - DISCUS

- Four fingers over the edge of the discus, thumb rests on top - try to avoid "gripping" the discus
- SLING the discus with an underarm or round arm action
- Discus is delivered from a tall, front on position

MEASURING

The background image shows a track and field event on a sunny day. In the foreground, a person in a white singlet and dark shorts stands on a reddish-brown circular area, likely a shot or discus circle. To their right, a person in a blue shirt and dark shorts stands on the green grass. Further right, a person in a black shirt and blue jeans is holding a measuring tape, extending it across the grass. The background features a line of trees and a clear blue sky with some clouds.

- Zero end of tape is placed on the nearest imprint made by the shot or discus to the throwing circle
- Pull tape back through the centre of the circle
- Measure to the inside of the stop board or metal rim



RECORDING

- Record the distance to the nearest whole centimetre below the distance measured

FOR MORE DETAILED INFORMATION ABOUT THE RULES AND OFFICIATING CONTACT:

- ***YOUR CENTRE OFFICIALS OFFICER***
- ***YOUR CENTRE COMMITTEE***
- ***THE LAQ WEBSITE***

