

The shot put thrower is perhaps the strongest athlete in Track and Field. To throw the 7.26kg implement over 20 meters requires a combination of factors all complementing each other. Strength, technique and speed must all be working together to produce that effortless throw. I remember when I first started shot put; I scoured the Internet trying to find information on how to improve my throw. While I did find information, it did not positively impact my throw. It was very hard to understand. The Beginners Guide To Shot Put is here to solve that problem.

With over 5000 words, The Beginners Guide To Shot Put aims to break down the shot put technique into simple steps that are easy to understand. Most Sections include two unique explanations about each technical section introduced. One is generally a more simplified version while the later explanation goes in to more depth than the aforementioned explanation. This caters to athletes of all experience levels and once the beginner shot putter learns more about the art of shot put, they can return to read the second explanations to gain further insight.

The Beginners Guide To Shot Put focuses solely on the Glide Technique. Aspects covered include: • Holding The Shot Put • The Standing Throw Power Position • The C Position • The Shuffle • The Glide • The Reverse • The Stationary Start Glide Technique • The Moving Start Glide Technique • The Glide Grip Pick up your copy of The Beginners Guide To Shot Put today to help you learn the shot put technique and break new personal records!

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