**Year 7-9 Athletics**

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| **Shot** |

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|  | **Unit aim** | To become more confident and competent when performing the techniques required to be a successful shot putter. | | |
| **Lesson outcomes** | Demonstrate the basic stationary shot technique using the correct grip. | Demonstrate how to perform an accurate ‘power position’ to maximise power and be able to provide accurate feedback to a peer. | Demonstrate how to perform an accurate glide (hop) to maximise distance in the throw. |

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| **Do now** | What are the key phases of a basic throw? | | How should you correctly grip the shot? | | | How can you create power in a throw? | | **Core Knowledge gained in this lesson** |
| **Teacher exposition**  **(I do)** | **General points**   * Clean palm dirty fingers when holding the shot * Side on stance with weight on back foot (TONY CHIN) * Keep elbow high at all times * Initiate movement bottom to top * Chin, Knee, Toe – Make a bow – Watch it go!   **See AVIVA athletics pack for images and breakdown of technique in staff files** | | | | | | | Students will know…  *(taken from elevating athletics athlete pathway)*  **Year 7**   1. The basic shot technique 2. How to grip the shot correctly 3. The importance of pushing the shot not throwing it   **Year 8**   1. How to develop a consistent throwing technique 2. The importance of the power position to throw far 3. How the shuffle can create momentum in the throw (similar to a run up)   **Year 9**     1. How to improve through plyometric and strength drills 2. How to perform the glide technique |
| Further depth : <https://www.everythingtrackandfield.com/basic-shot-put-technique> | | | | | | |
| **Learning task (We do / you do)**  <http://ucoach.com/teachers/elevating_athletics_resource/elevating-athletics-scr-shot> | | | | | | | |
| **Year 7 – Developing the shot technique**  *Students to alternate in pairs when performing practices.*  **Introduction - Grip**  - Practice correct grip and how to hold in the neck with elbow high  - From kneeling position, push shot out  - Repeat with focus on high elbow  **Stance and leg power**  - Practice throw from standing position  - Focus on creating a power from the legs and pushing up and out  - Introduce distances thrown using own cone. Move each time you throw further.  - Measure distances | | **Year 8 – Peer coaching better positioning to create power**  A continued development of technique from Year 7 but with a greater emphasis on the students coaching each other.  **Developing the power position**  - Emphasise on creating a ‘coil’ with weight on back foot and knee bent  - Students to get as low as possible to create power before the throw  - Partner to observe and feedback particularly on stance and elbow position  **The Shuffle**  - Take two wide side steps away from throw line  - Practice the shuffle without the shot first to ensure accurate starting position  - Get in power position then shuffle, aiming to keep low before performing the throw  - Measure distances | | | **Year 9 - Developing and improving**  The activities suggested for Year 7 and 8 can and should be used with Year 9 students to continue to develop their confidence and competency  **Developing strength and power**  *May be performed as a mini warm up circuit using weights if accessible.*  Plyometric upper body and lower body drills:  - Push Ups (with one hand/clap)  - Medicine ball throws  - Jump squats  - Tuck jumps  Strength exercises:  - Weighted lunges  - Shoulder press  - Russian twists  - Bicep/Tricep curls  **The Glide (Hop)**  See ucoach video above (comparing techniques)  - Students practise hopping backwards pushing from toes  - Develop this by maintaining power position throughout the hop | | |
| **Responsive adaptations** | **Developing**  Use lighter shot to concentrate on technique  Perform from kneeling to concentrate solely on upper body | | | **Securing**  As above | | | **Mastering**  Increase weight (if appropriate) to build strength  Explore spin technique if safe to do so | |
| **Progress check questions** | **Year 7**  What are the main phases of the shot technique?  Why is the shot held in the neck?  How should you hold the shot? | | | **Year 8**  What teaching points would you give your partner to create power from your legs when you throw?  Why is the angle of release important when putting the shot?  How do you know that the feedback you gave was effective? | | | **Year 9**  What components of fitness do the plyometric and weight exercises develop?  Why is the speed of release important when releasing the shot?  How can the glide technique help you maximise the distance you can achieve? | |
| **Errors or misconceptions to look out for** | Incorrect grip used – shot held in the palm and/or held away from the neck  Elbow drops down by the body – not lifted high, not pushing into neck to let body take the weight  Incorrect stance – feet not positioned wide enough or pointing in the right direction, bending wrong leg back  Low release – shot pushed out but not upwards so lands short | | | | | | | |