



Stand Throw for Shot-Put and Discus

Double Pivot

Double Pivot Stand

Power Position

Non-Reverse

Step-overs

Jump drill into reverse progression

Half turn punch

Spin Shotput and Discus Drills

360 drill

Half circles

Ballerina Drill

Wall kicks

Back of the ring drill

Starting Position (Active Start)

Starting Position (Static Start)

Step in drill

Repeat South Africans

Full throw