



# SHOT PUT ROTATIONAL:



## THE FULL BLOCKING TECHNIQUE

with **Natalia**  
**RANKIN CHITAR**  
(NZL)  
Under 16y 15,22m 3kg



# SHOT PUT TECHNIQUE : **THE FULL BLOCKING** with Natalia RANKIN CHITAR



Right f. lift

Left foot pivot

Face front

Right leg swing



Suspension

Right f. land

Left f. Landing

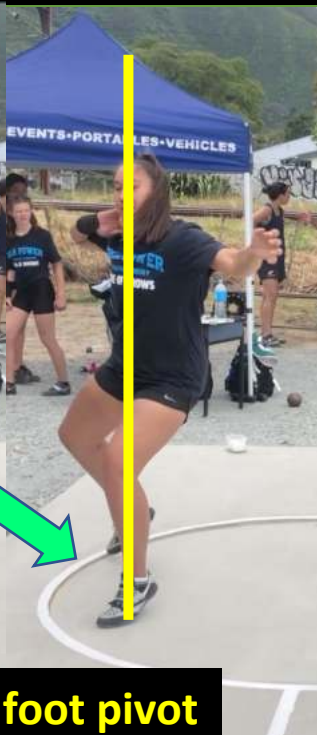
Transfer phase

Delivery

Recovery



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**COMMENTS :** In the preparation , Natalia comes over the right leg during the trunk torque , then opens simultaneously the left arm and left knee when transferring the body weight on to the left . She lifts the right foot when she is facing 90\* left . She is perfectly well balanced and fully pivot to finish the entry in a perfect "T" position. **GREAT JOB !**

**NOTE :** As the good discus thrower she also is (PB 50,00m) , she uses the same discus relatively "high" position



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Face front

Right f. land

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COMMENTS : The athlete is positioned too early toward the left . The suspension of the shot is lifted up and turned inside . Good angle of the throw . The athlete is in the middle of the circle . Good head position . Left shoulder is a bit high for the shot put. Excellent balance .Very close to GOOD JOB



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## CONCLUSION



**WHY NOT ?**

**THE FULL LEFT SIDE BLOCKING IN THE ROTATIONAL SHOT PUT IS NOT AN UTOPIA**

- IT IS TECHNICALLY POSSIBLE AND RELATIVELY EASY FOR ATHLETES WITH SUFFICIENT BASES**
- IT IS BIOMECHANICALLY RIGHT**
- IT CAN FIT QUITE WELL WITH CERTAIN TYPES OF THROWERS WHO ARE NOT COMFORTABLE WITH THE "JUMPING" DELIVERY**
- IT IS VERY CLOSE TO THE DISCUS FULL BLOCKING TECHNIQUE**
- IS IT EASIER FOR WOMEN ? CAN IT BE USED BY MEN WHO HAVE A DIFFERENT RATE BETWEEN BODY WEIGHT AND IMPLEMENT WEIGHT ?**

