

# FORD Declan SHOT PUT Training Feed back 25 November 2024

Good posture with :  
-Going down on the legs  
-Right knee pointing to the right  
-Pressure of body weight on to the left knee  
-Trunk upright

Right foot leaves the ground

Good posture with :  
-Toes pointing toward the median line of the sector  
-Left arm extended  
-Trunk upright  
-Left knee pointing down  
-Right leg extended wide

Left foot pivot finishes

Good posture with  
-Chest/head facing the direction of the throw  
-Pressure on the left knee pointing down  
-No over rotation  
-Right leg swinging wide over the circle rim

Right leg swing

Good posture with :  
-Chest/head facing forward  
-Arms / trunk "T"  
-Impulse from the left leg  
-Right leg driving across the circle

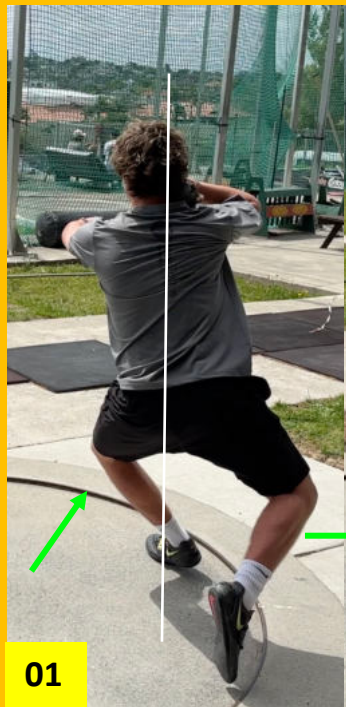
Right knee drive

Good posture with :  
-Chest/head facing forward  
-Minimum suspension  
-Good range of forward motion  
-Right toes turning inside  
-Left shoulder down

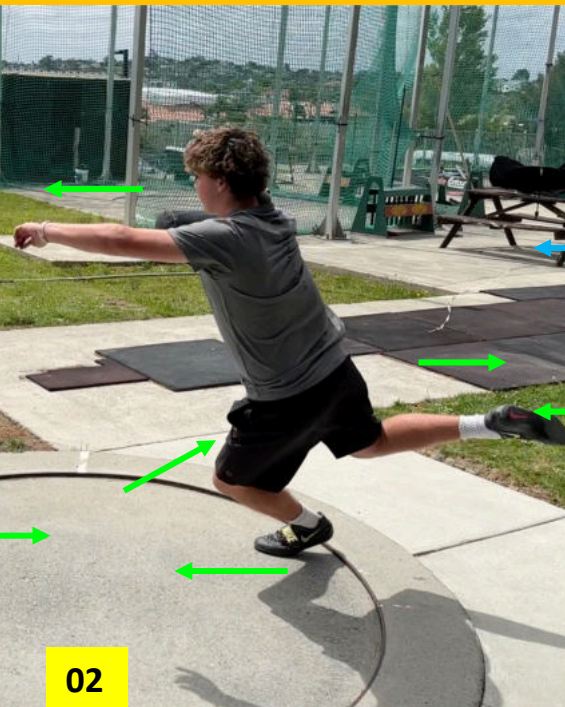
Suspension

Good posture with :  
-Right foot landing on ball  
-Good alignment "toes-knee-nose"  
-Inclined "T" posture  
-Elbow in shoulders alignment  
-Head looking down  
-Right foot landing slightly off centre

Right foot landing



01



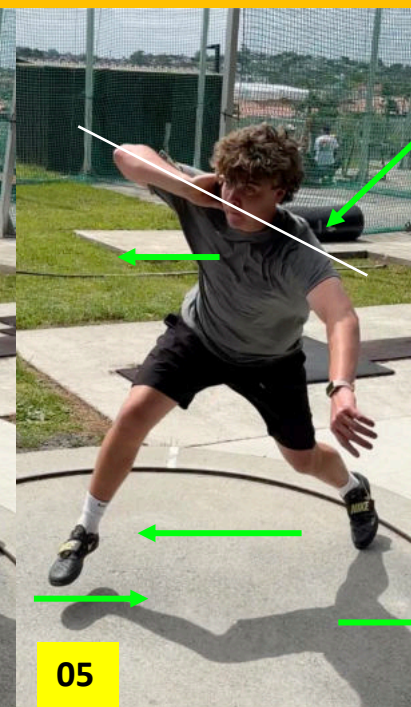
02



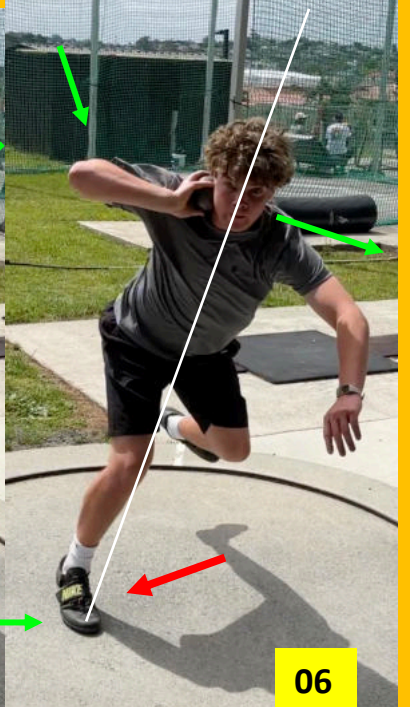
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04



05



06





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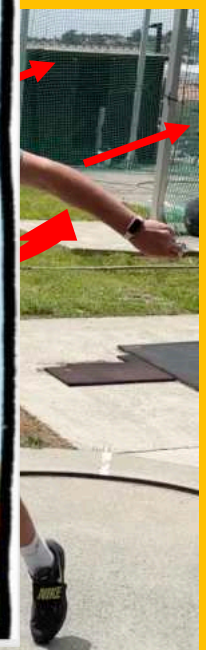
- Good pos
- Going d
- Inclined
- Nose
- Left arm
- Head lo
- Elbow o
- Right fo
- Pressure



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