

front

cut out and place in lanyard

back



Sports Journalist Shot



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Your Task Shot

Watch your group performing in today's session.

You will report back at the end of the session.

- *Who did the furthest distance (1st, 2nd, 3rd)?*
- *Did you see any 'No Throws' - (all should push the shot from the neck, never throw it like a ball).*
- *Who improved from their first attempt?*

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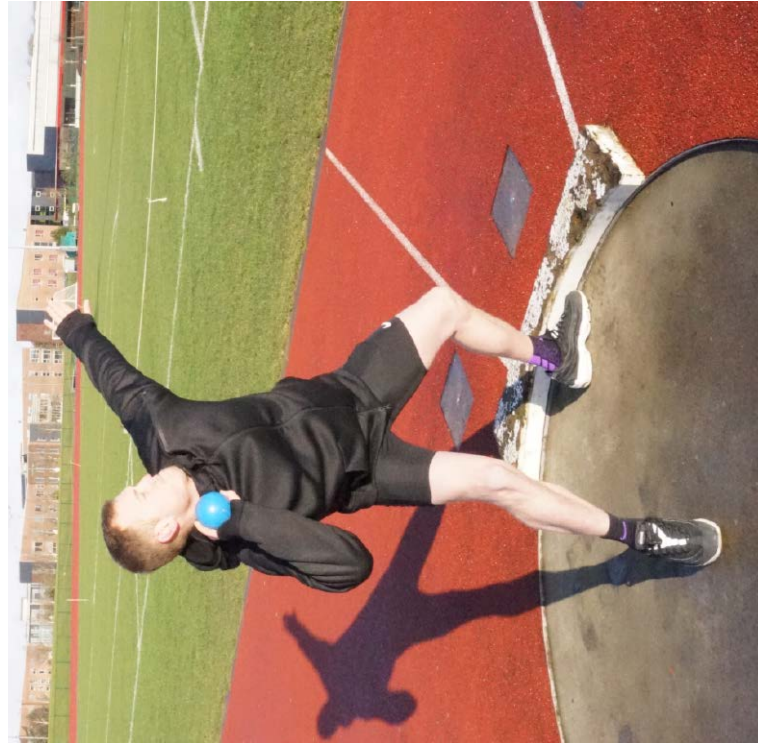
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Coach Shot



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Your Task Shot

Tips to Improve

After each athlete in your group has had their attempt, choose a coaching point to help them next time.

- *Check you are behind the throw line not on it.*
- *Keep your throwing elbow high.*
- *Do not throw the shot - push it from your neck.*
- *Do not collect your shot until you are told to.*

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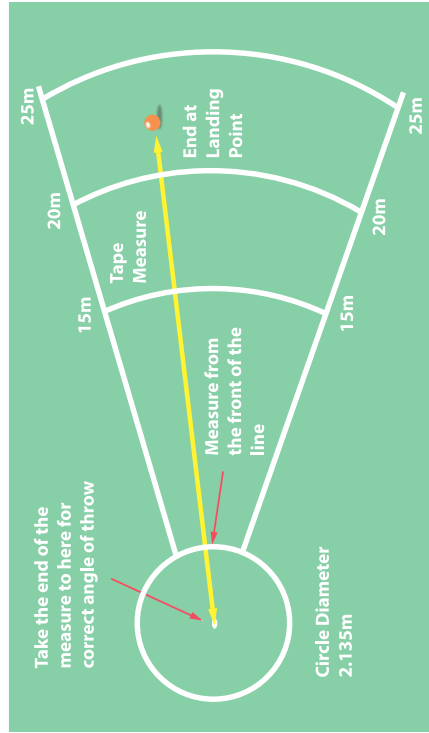
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Official Shot



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Your Task Shot

Recorder

- Check the athletes feet are behind (not on) the throw line.
- Check they do not 'throw' the shot but they push it from the neck/shoulder.
- Record each measured attempt.
- After 3 throws each draw a circle around each athletes best attempt. See who has the furthest distance and declare the winner.

Equipment

Recording sheet and pen.

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