



# Shot Put **TECHNIQUES**

## Baryshnikov Technique / Spin Shot Put

This technique was first used by Aleksandr Baryshnikov in 1972 and was invented by his coach Viktor Alexeyev. It involves a spin just like Discus Throw with the help of rotational momentum for power.

### Steps to follow for "Baryshnikov Technique"

#### Step 1



In this technique the athlete stands side ways on to the marker, while bringing the supporting arm across body and bends the back knee sideways.

#### Step 2



The leading arm rotates around the body as the free arm is straight with the back leg leaning further to get the maximum power.

#### Step 3



As the hips thrust forward with the Shot Put touching the neck meanwhile the arm swings round to get prepared to push the Shot Put.

#### Step 3



Now, push the Shot Put forward, using legs and shoulder power while landing over the previously bent leg with arms and body in rotation.

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# Shot Putting

**Terry C. Jones**



## **Shot Putting:**

## **Shot Putting** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Shot Putting**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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