

Let us practise throwing events

Throws come under field events according to the classification of athletic events. Putting the shot, throwing the discus, throwing the javelin, and throwing the hammer belong to throwing events. Only putting the shot, throwing the discus and throwing the javelin are included in school level athletics events. The weight of the throwing equipment differs according to the age group of the participants. Putting the shot and throwing the discus are done from within a circle by adopting rotatory movements. Throwing the javelin is done with an approach run in a specially laid down area. When a piece of equipment is thrown with the rotating movements of the body or with an approach run, it can be thrown farther than when it is thrown while standing in one position.

When you were in Grade 8, you learnt how to hold the throwing equipment, namely the shot, the discus and the javelin and engaged in activities to practise throwing such equipment. You also practised throwing these equipment from standing position.

In this lesson, you will learn how to put the shot and throw the discus and javelin from the power position.

Power position

The events of putting the shot, throwing the discus and the javelin are described under several phases.

These phases are preparation and starting position, speed building position, power position, release and follow through.

The phase of power position is common to all these three events. In throwing events, the phase immediately before releasing the throwing equipment is called the power position.

When an equipment is released from the power position, that piece of equipment gains more momentum and a greater speed. Therefore, by practising the power position, the thrower gets the ability to throw the equipment to a farther distance.

Putting the shot being in the power position

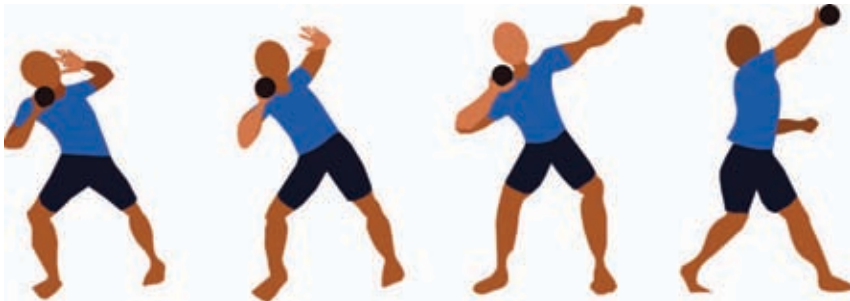


Figure 17.1

- When the shot putter is in the circle being ready to throw the shot, his/her right foot should be placed in the middle of the circle and the left foot should be placed close to the front of the circle.
- The right leg is slightly bent at the knee and the left leg is straightened and extended towards the back.
- Most of the weight of the body is on the right leg.
- The shot putter who is in the power position in this manner, rotates counterclockwise, straightens the legs, turns the body towards the throwing direction and releases the shot from the hand.

Throwing the discus from the power position



Figure 17.2

- When the thrower is ready to throw the discus, most of the weight of the thrower's body is on the right leg.
- The left leg is extended towards the back.
- Then the right hip is turned towards the front of the ring.
- The body is turned towards the throwing direction and the discus is released.

Throwing the javelin being in the power position



Figure 17.3

- The javelin is held with the right hand of the thrower who is in the power position ready to throw the javelin.
- The left leg is well straightened and is extended towards the front.
- The body is slightly bent backwards.
- Now the javelin is released from the hand from above the level of the thrower's head so that the head of the javelin is raised.



Let us go outdoor

Activities to practise shot put

- › Take a tennis ball and place it on the neck below the ear and under the jaw.
› Stand with the legs shoulder-width apart and release the tennis ball.



Figure 17.4

- › Keep the tennis ball in the same position as described in (1) above.
› Now stand with your body turned backwards and release the ball from your hand as you turn forwards.

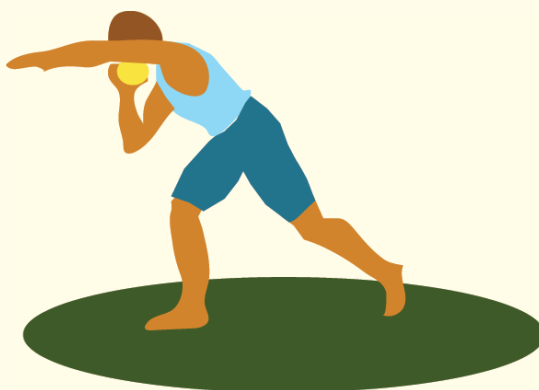


Figure 17.5

Activities to practise throwing the discus

1. › Stand with the legs slightly apart and throw a ring forwards being in the standing position.



Figure 17.6

2. › Take a ring in your hand and stand turning your body towards the back.
› Now, turn forwards as shown in the figure and throw the ring.



Figure 17.7

3. › Take a piece of wood of about one foot in length.
 - › Stand with your feet shoulder-width apart, facing the direction of throw and throw the piece of wood forwards.



Figure 17.8

4. › Stand turning your back towards the throwing direction.
 - › Now throw the piece of wood forwards as you turn the body forwards.



Figure 17.9

Activities to practise throwing the javelin

1. › Take a leather ball, a tennis ball or a rubber ball.
› Stand with the legs slightly apart, extend the hand backwards and throw the ball forwards from the standing position.



Figure 17.10

2. › Hold the ball in your dominant hand.
› Run to a place that has been marked on the ground and throw the ball forwards from that place with the hand extended well towards the back.



Figure 17.11



Activity

Under the guidance of your teacher, engage in activities to practise releasing the shot, discus and javelin by being in the power position.

Engage in activities to practise throwing the above mentioned equipment, first without using equipment, then using some substitute equipment and finally using the standard equipment.

Ensure that you engage in these practice activities under the guidance of your teacher as throwing such equipment without observation by a teacher could be very dangerous.

Rules relating to throwing events

1. Throwers should start attempting the throw within one minute after his / her name has been announced.
2. Throwers are not allowed to wear gloves.
3. The shot and the discus should be thrown from inside the throwing circle.
4. The shot, the discus or the head of the javelin should land in the area between the lines marked.
5. The thrower should not leave the circle or the runway until the throwing equipment has landed.
6. After putting the shot or after throwing the discus, the thrower should leave the circle from the back half of the circle. After throwing the javelin, the thrower should leave the runway from the back of the runway without crossing the side lines.
7. After a competition has started, no athlete is allowed to engage in practice activities in the playground or in the area where equipment lands.
8. The eight athletes who display the best performance in the first three rounds will get three more trials.



Activity

Prepare a set of instructions to be followed by participants in throwing events in order to ensure the safety of the participants.

Summary

According to the classification of athletic events, the events of shot put, discus throw and javelin throw come under field events.

The throwing techniques of these throwing events are described under several phases.

Out of these phases, the phase immediately before releasing the equipment is the power position.

The shot, the discus and the javelin gain greater momentum and power when such pieces of equipment are thrown from power position.

Gaining knowledge about rules related to throwing events is important for making successful attempts in throwing competitions.

You can gain experience in throwing these equipment by engaging in practice activities.



Exercise

1. Name four throwing events.
2. State separately the throwing events in which the equipment is thrown from within a circle and those thrown after an approach run.
3. What are the phases that are common to both the shot put technique and the discus throw technique?
4. What is the phase that comes immediately before the phase of releasing the throwing equipment and is common to all throwing events?
5. Write three rules that are common to all throwing events.