



Adapted Shot Put

Objective: To measure how far you can 'put' a football.

Equipment:

- Throwing area (*large empty outdoor space i.e. back garden, park, sports field*)
- Foul line (*i.e. sticky tape, chalk, rope*)
- Football
- 'Marker' (*i.e. pencil, lollipop stick, spike*)
- Measuring tape

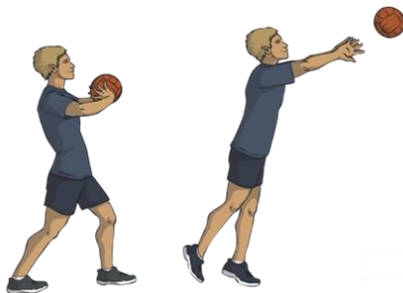
Process: Place the foul line at the edge of the throwing area. Athletes' should position themselves behind the foul line.



Hold the ball with the tips of your fingers and thumbs, with palms facing outwards.

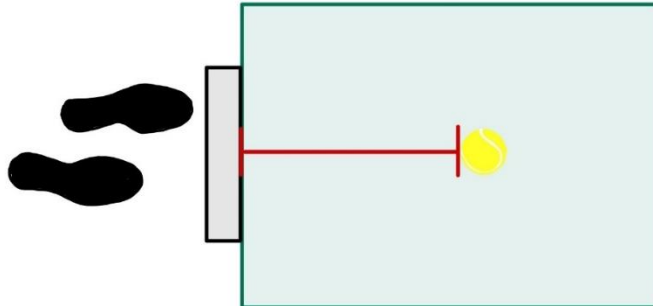


Bring the ball close to your chest, with your elbows parallel to your shoulders.



Using a push movement, push the ball into the throwing area.

Use a 'marker' to mark the point where the ball first touches the ground (*not where the ball stops.*). Measure a perpendicular (*straight*) line from where the ball first touches the ground to the foul line.



Rules:

- Athletes must use the throwing technique outlined in the process above.
- Athletes must use the same ball throughout the Virtual Competition.
- The athlete cannot cross the foul line until the ball has landed.
- The athlete can take as many attempts as they wish, with the furthest distance submitted as their score.

Score: Submit one score per athlete in centimetres (*e.g. 180cm*)