

*Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities*

**Sponge Shot Put**

**Objectives:** To work on throwing out of the power position

**Description:** Use a small dry sponge for a shot. Line up on the throwing line and put the sponge. Wherever the sponge lands is where you will throw again.

**Variations:** (1) Throw for a designated number of times. (2) Throw out of the discus power position. (3) Throw out of the javelin power position. (4) For fun on a warm day, throw a wet sponge. (5) Take full throws.

**Equipment:** Small dry sponges, bucket of water for hot days

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