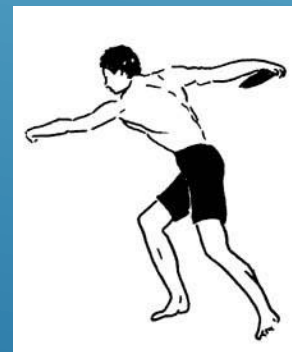
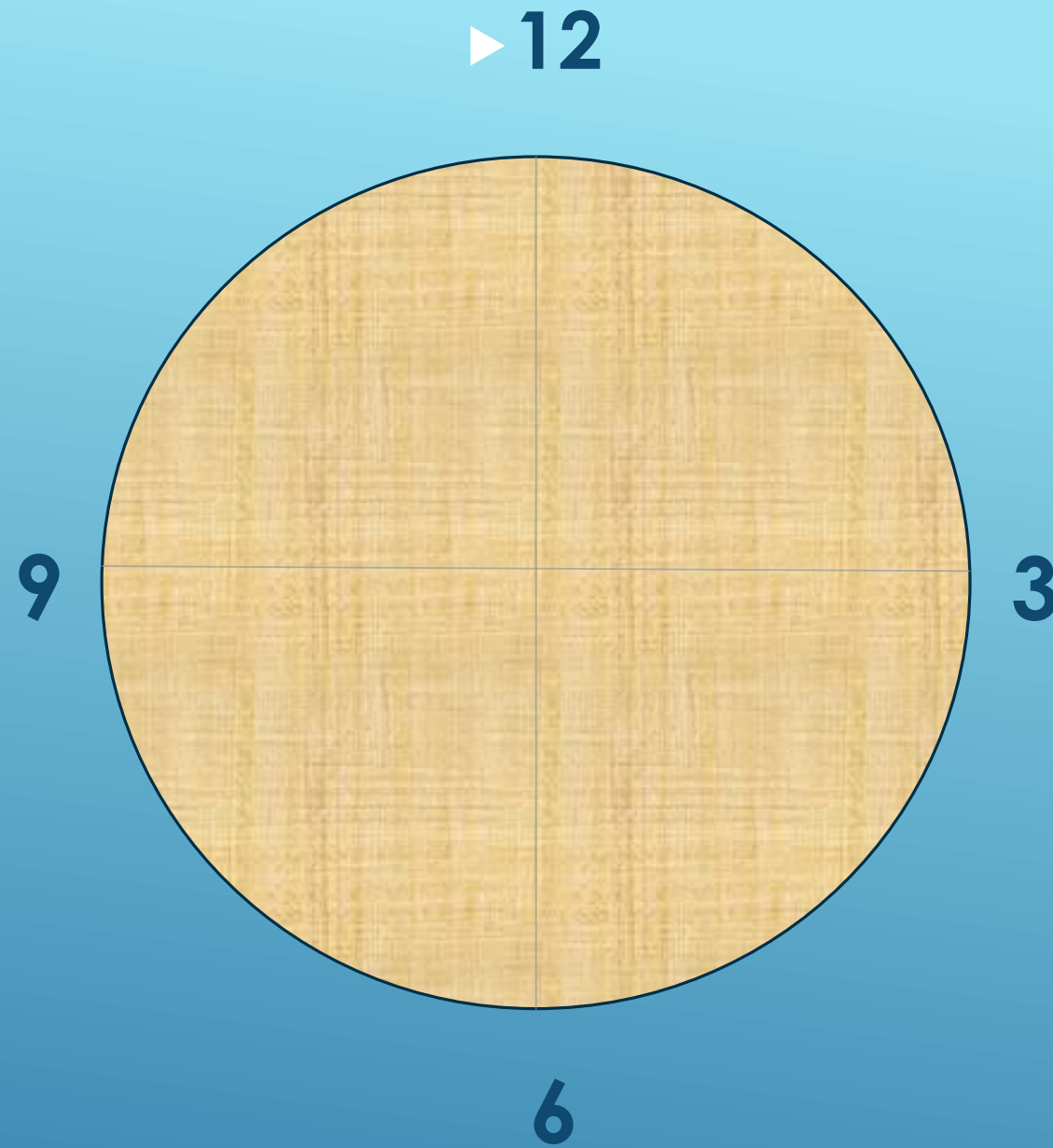


ROTATION THROWS



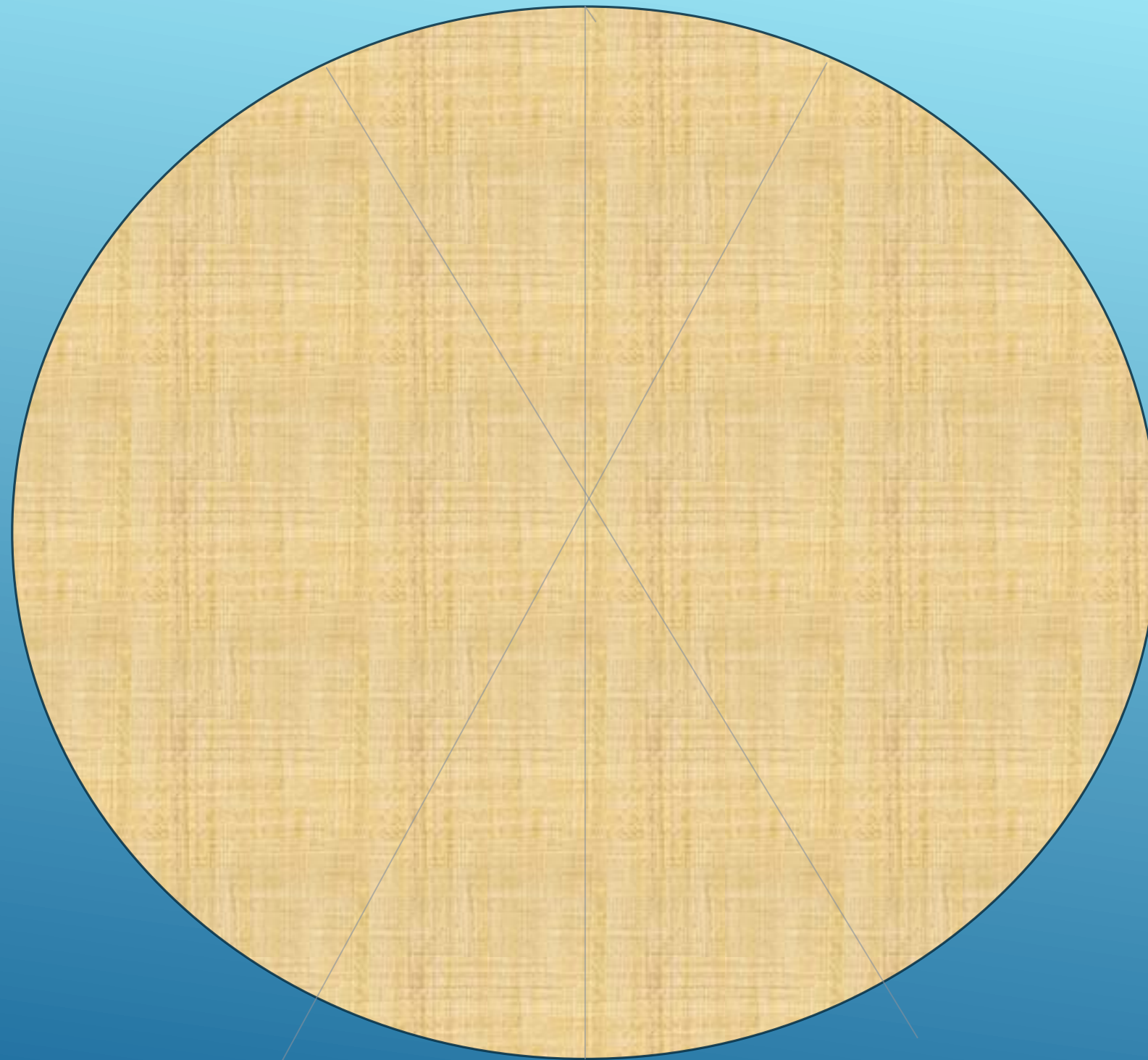
BASIC DISCUS





▶

12 O' CLOCK -BACK OF THE CIRCLE
6 O'CLOCK - FRONT OF THE CIRCLE



- ▶ **REST DISCUS ON THE END OF JOINTS OF FINGERS**
- ▶ **SPREAD FINGERS**
- ▶ **TWO FINGERS CLOSER TOGETHER-
OPTION**



DISCUS GRIP

- ▶ **ROLL OFF OF INDEX FINGER AWAY FROM THE BODY**
- ▶ **ARM SWING AND ROLL**
- ▶ **BOWLING**
- ▶ **WIND RELEASE**
- ▶ **WIND AND CATCH, WIND AND RELEASE**

DISCUS RELEASE DRILLS

- ▶ **LEFT TOES IN LINE WITH RIGHT HEEL OR
INNER PART OF RIGHT FOOT**

POWER POSITION

STANCE
BEGINNING WIND
WEIGHT SHIFT
SWEEP
STEP TO THE CENTER
TURNING ON THE BALL OF THE FOOT
WHEEL TO POWER
FINISH

PROGRESSION

A series of white lines of varying lengths and thicknesses, arranged in a diagonal pattern from the bottom right towards the top right of the page.

- ▶ **THROWING ARM HORIZONTAL**
- ▶ **LEFT ARM HORIZONTAL FRONT**
 - ▶ **INSIDE LEFT KNEE**
- ▶ **FOCUS FORWARD, USE LEFT ARM AS A GUIDE**

THE START



- ▶ **THINK ARM PIT IN LINE WITH THE KNEE, IN LINE WITH THE ANKLE**

BACK OF THE RING



- ▶ FROM THE BACK – **BALANCE**
- ▶ STANCE – FEET SLIGHTLY WIDER THAN SHOULDER DISTANCE A PART
- ▶ FEET/ KNEES SLIGHTLY TURNED OUT, KNEES BENT
- ▶ WEIGHT ON LEFT FOOT
- ▶ WEIGHT ON INSIDE OF RIGHT FOOT, LIFT QUICK, NOT HIGH

THE START/ STANCE

- ▶ **TWIST TO THE RIGHT, RIGHT ARM HORIZONTAL AND BACK**
- ▶ **STAY LOW, SHIFT TO THE LEFT (WT ON LEFT 70%)**
- ▶ **WORK ON LOW BENT LEFT LEG**

WIND

















- ▶ **RIGHT FOOT IN CENTER, WEIGHT ON THE BALL OF THE FOOT**
- ▶ **CHEST UP**
- ▶ **BRING LEFT KNEE INTO BACK OF RIGHT KNEE TO INITIATE TURN**
- ▶ **½ PIVOT TURN ON RIGHT FOOT, LEFT LEG EXTENDS LEFT FOOT CONTACTS RING QUICK (POWER)**

WORKING TO THE MIDDLE OF THE RING















- ▶ USE LEFT ARM TO GUIDE YOU TO THE CENTER, LOCATED INSIDE LEFT KNEE, HORIZONTAL
- ▶ SHIFT WEIGHT TO THE LEFT SIDE ONTO LEFT LEG
- ▶ LIFT AND SWEEP RIGHT LEG AS WEIGHT IS TRANSFERRED TO THE LEFT SIDE
- ▶ LEAD WITH THE RIGHT INNER THIGH DRIVE THE KNEE FORWARD INTO THE CENTER OF THE RING

OUT THE BACK

- ▶ **RIGHT LEG STAYS LOW AND SWEEPS WIDE**
- ▶ **SAME TIME, WEIGHT ON BALL OF LEFT FOOT AND TURNS, SLIGHT PAUSE**
- ▶ **RIGHT LEG SWEEPS ACROSS LEFT LEG**
- ▶ **LEADING WITH THE INSIDE OF RIGHT THIGH, DRIVE OFF OF LEFT AND STEP TO THE CENTER ON BALL OF RIGHT FOOT**

BACK OF THE RING - SWEEP







- ▶ **RIGHT KNEE DRIVES TO CENTER**
- ▶ **LEFT KNEE COMES IN CLOSE TO BACK OF RIGHT KNEE,**
- ▶ **STAYS CLOSE DURING TURN ON RIGHT FOOT**
 - ▶ **EXTENDS BACK TO PLANT (WHEEL)**

TURNING THROUGH THE CENTER

- ▶ **PUSH OFF OF LEFT FOOT**
- ▶ **INNER THIGH SWEEP**
- ▶ **LAND ON A TURNED RIGHT FOOT**
- ▶ **TIGHT WHEEL THROUGH TO POWER**
- ▶ **FINISH**

DRIVING TO THE CENTER

A series of white lines of varying lengths and thicknesses, arranged in a parallel, diagonal pattern on the right side of the slide, pointing towards the top right corner.









▶ **BALANCE**

▶ **STRENGTH**

▶ **ERASE THE SLATE**

▶ **UNIFORM THE LANGUAGE**

▶ **TEACH DRILLS WHICH ARE COMPONENTS
OF THE THROW**

▶ **LESS IS MORE**

KEY POINTS





▶ **BALANCE**

TEACHING STRATEGY





- ▶ TURN DRILLS
 - ▶ PIVOT DRILLS
 - ▶ SWEEP DRILLS
 - ▶ FINISH DRILL
 - ▶ RELEASE DRILLS
-
- ▶ BOSU, STEP, POOL, MEDICINE BALL, CONES, BANANA HURDLES
 - ▶ RESIST TUBES

DRILLS



- ▶ **1/4 TURNS**
- ▶ **1/2 TURNS**
- ▶ **FULL TURNS**
- ▶ **1/4, 1/2 TURNS**
- ▶ **1/4, SECTOR**
- ▶ **BOTH DIRECTIONS TURNS**
- ▶ **WEIGHT ON LEFT BENT LEG**

TAP DRILL PROGRESSION

















- ▶ **SHIFT WEIGHT BACK ONTO RIGHT LEG**
- ▶ **PIVOT RIGHT FOOT, LEADING WITH RIGHT HIP**
- ▶ **RIGHT SHOULDER WILL FOLLOW**
- ▶ **FINISH FACING FRONT OF THE RING (REVERSE C)**
- ▶ **BE SURE TO KEEP WEIGHT BACK**
- ▶ **KEEP BOTH ARMS UP (90 DEGREES FROM BODY)**
- ▶ **EXTEND HIPS AND LEFT LEG , FINISH (TALL)**

POWER POSITION/ WIND

- ▶ **RIGHT KNEE LEADS THE THROW**
- ▶ **TURNING ON THE BALL OF THE RIGHT FOOT**
- ▶ **SEPARATION OF LOWER BODY AND UPPER BODY**
- ▶ **UPPER BODY WILL FOLLOW**
- ▶ **END UP IN PIGEON TOE POSITION**
- ▶ **NON THROWING ARM LONG THEN SHORT**
- ▶ **THINK ACCELERATE RIGHT SIDE, BLOCK LEFT**
- ▶ **CHIN UP**
- ▶ **FINISH TALL**

DELIVERY



- ▶ **SWING LEFT ARM FROM WIND TO CENTER**
 - ▶ **DIPPING LEFT SHOULDER**
- ▶ **TURNING ON THE OUTSIDE OF LEFT FOOT**
 - ▶ **UPPER BODY CATCHING UP**
 - ▶ **DROPPING THROWING ARM**
 - ▶ **SHIFTING WEIGHT FORWARD**

COMMON ERRORS

STARTING POSITION IN THE BACK

WIND

LEG SWEEP

- ▶ **WIDE LEG SWEEP**
- ▶ **LONG LEG/ LEAD WITH INNER THIGH**

WEIGHT ON LEFT LEG, STAY LOW

DRIVE OFF THE LEFT, CHEST UP TO CENTER

**BLOCK WITH LEFT ARM, INSTEAD OF
SWINGING IT OPEN**

RIGHT KNEE DRIVE, LAND ON BALL OF RIGHT

FOOT

**WHEEL, TURN, EXTEND TO FINISH LEFT HEEL
DOWN**

LESS IS MORE.....

- ▶ **WHOLE METHOD**
- ▶ **PART METHOD**
- ▶ **COMBINATION**

TEACHING METHODS

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue gradient background.

- ▶ **QUICK MIND/BODY CONNECTION**
- ▶ **PRACTICE /REPEAT**
- ▶ **HIT OR MISS**

LEARNING STYLES

A series of white lines of varying lengths and orientations, including a prominent diagonal line and several shorter parallel lines, located in the bottom right corner of the slide.

▶ **TEACH THE PROGRESSION, BEFORE
EVALUATING THE SKILL**

TEACHING STRATEGIES




- ▶ **RECOGNIZE BODY SIZE DIFFERENCES**
- ▶ **IDENTIFY DIFFERENT LEARNING STYLES**
- ▶ **EVALUATION OF ATHLETES**

TEACHING STRATEGIES



- ▶ **CORRECT THE SKILL, WITHOUT DEMEANING THE ATHLETE**
- ▶ **WHAT IS THE MOST EFFECTIVE METHOD OF PERFORMING THE SKILL**
- ▶ **LOOK FOR A POSITIVE IN THE EVALUATION**
- ▶ **INCORPORATE CRITICAL THINKING**

TEACHING STRATEGIES

- **THERE ARE A VARIETY OF THROWING STYLES**
 - **STUDY DIFFERENT MECHANICS AND DRILLS**
 - **COMMONALITIES OF BASICS**
 - **NOT ABOUT WHAT IS THE RIGHT OR WRONG WAY BUT WHAT WORKS FOR EACH ATHLETE.**
- 

CRITICAL THINKING

TEACHING STRATEGY





**NJCAA DII CHAMPIONSHIP-
HAMMER**

DAN LOWERY 1ST

JUAN GARCIA 3RD

LUCIANO LATURZA 5TH



**WHICH 3 ARE ALSO
HAMMER THROWERS?**



NJCAA DIII 400M RELAY CHAMPS

HAMMER- 1, 3, 5TH



**NJCAA D111 CHAMPION
RYAN ASTA**

HAMMER, SHOT PUT

2ND DISCUS, 3RD JAVELIN,

MV FIELD EVENTS

NJCAA HALL OF FAME



VANESSA MENSIE,
HAMMER CHAMPION, 2ND DISCUS,
3RD SHOT



JOSLYN NICKOLSON
NJCAA DIII CHAMPION 2015
HAMMER, LONG JUMP, 400M RELAY



LEAH KLOSS

NJCAA CHAMPION 2015
100M, 200M, 400M RELAY,
HAMMER 5TH, LONG JUMP 3RD,
JAVELIN 5TH.



**TRIED TO MAKE HIM A THROWER BUT HE
CHOSE HIGH JUMP INSTEAD!**
ISAAC JEAN PAUL



THROWERS PREPARING FOR THEIR EVENTS- NJCAA CHAMPIONSHIPS 2015



**NJCAA DIII
CHAMPIONSHIPS-**

**LAITH KANAN
1ST HAMMER,
7TH SHOT**



RYAN ASTA, NATIONAL CHAMPION
HAMMER, SHOT PUT MEET RECORD, 2ND
DISCUS, 3RD JAVELIN, MV FIELD ATHLETE,
NJCAA HALL OF FAME

MATT ROYER- 2ND HAMMER
7TH SHOT PUT

CORNELIUS WATKINS- 3RD DISCUS,
3RD HAMMER, 2ND SHOT PUT,

- ▶ **Decathlete - Discus**
- ▶ **Hammer Champion- Discus**

HOW DO I DO THIS?



▶ **BACK TO THE BASICS**

TEACHING STRATEGY



**COACH ENNIS, LAITH KANAN,
COACH ZELLNER**

RESOURCES

Jim Aikens*

Dan McQuade

Brandon Serrano

Ron Backes

Mac Wilkins

Jon Godina

Rob Lasorsa

Mark Harshar

Jud Logan

Larry Judge

Randy Barnes

Matt Barnett Primal Sports

Sharon Sloan

Frank Guzman

To name a few!!!!