There is NO Hit
Shot & Discus Mac Wilkins

Get Hooked on Learning & Sharing

Teacher's View
- Start with high level, easy success - Rhythm
- Always make full movement in first workout
- Sometimes focus only on end result
- Understand the cause & effect connection
- Sometimes "Technique Machine" is the only solution
- Has to be fun… for the Student <u>and</u> Teacher

Technique Machine

Basic Assumptions
- **There is NO HIT,** Sling it, Whip it!
- "The **hardest thing** about the throw is to **DO NOTHING**."

Disclaimer
Beginners can & SHOULD learn the same correct technique as 70m & 70' throwers

Hip Path & Rhythm
- **Down, Up….Down Out Discus, Shot, Glide Shot**
- **Fly the Super Sailor**
- **Throw the Discus Dominator**
- **The Bottom Line (s)**
  - **Rhythm Trumps All**
  - **Work without working**
  - **Fly The Discus**
  - **<u>Power Position is the Bottom Line</u>**

DISCUS **Flat Round Javelin**
- **Delivery Keys**
- **The Bottom Line**
- **Rhythm**
- **Power Position**
- **Fly The Discus**
- **Discus Drills**

SHOT PUT **Round & Heavy… Javelin or Discus?**

Round Heavy Javelin - Glide Shot Put

- Simple move, Difficult to do well
- Counter intuitive - Longer is better
- There still is **NO HIT**
- **Stand Throw**
  Move the ball with the hips
- Start with the End in Mind
- **Right Leg Engine**

- **Advanced Glide**
- Go as fast as you can (w/o feeling effort) into the left side block
- No "Right Leg Engine", if you feel anything work, your timing is off

Round Heavy Discus - Rotational Shot

- Similar to Discus - Different than Discus

- **Shot Put Drills**

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