Discus Technique

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Big Picture Ideas

Double Support

-ANY point in the throw when BOTH feet are on the ground

-most power in generated in double support

-Occurs in two phases, wind and power position

-all other points in the throw can simply be used to maintain positions, establish direction and create separation

Single Support

-single support refers to any phase of the throw that the body is only supported on one leg

-single support phases include entry and the wheel to power position

-entry single support helps establish direction and generate separation

Separation

-separation refers to the rotational separation or "twist" across the core generated by the lower body moving rotationally ahead of the upper body

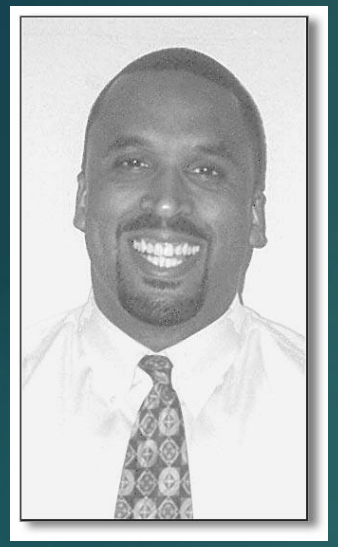
-separation is created in the back of the ring and ideally maintained until it is dynamically released in the stand throw

Zero

Single

Double

The Process:
Every Coach Has Something to Offer



Make Sure your athletes know you DO NOT know everything!

Rotational Discus Technique, Many different Styles, Reverse vs Non

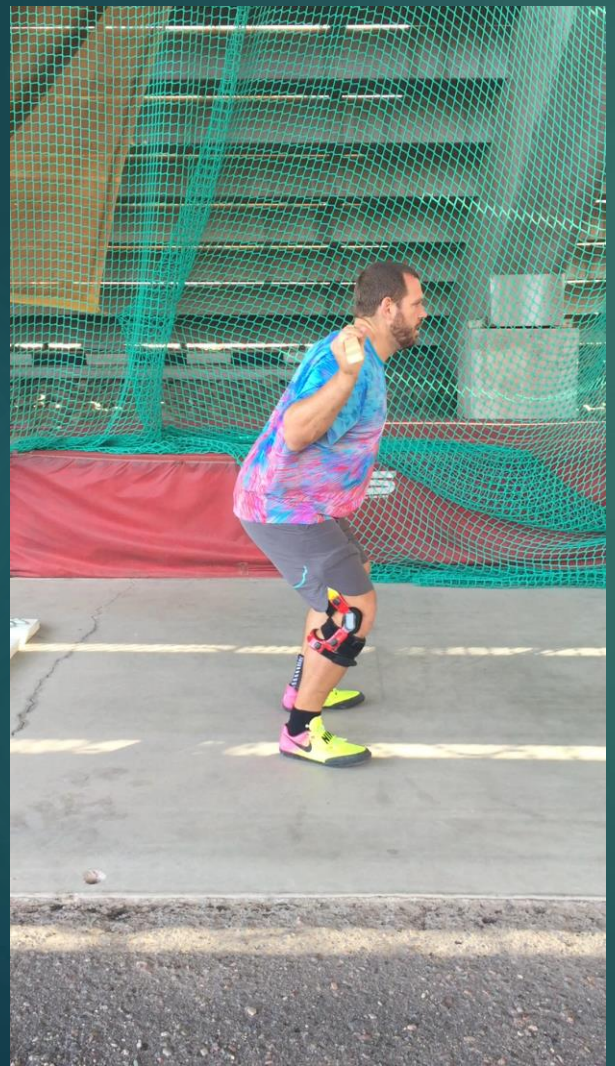
Hand position on discus

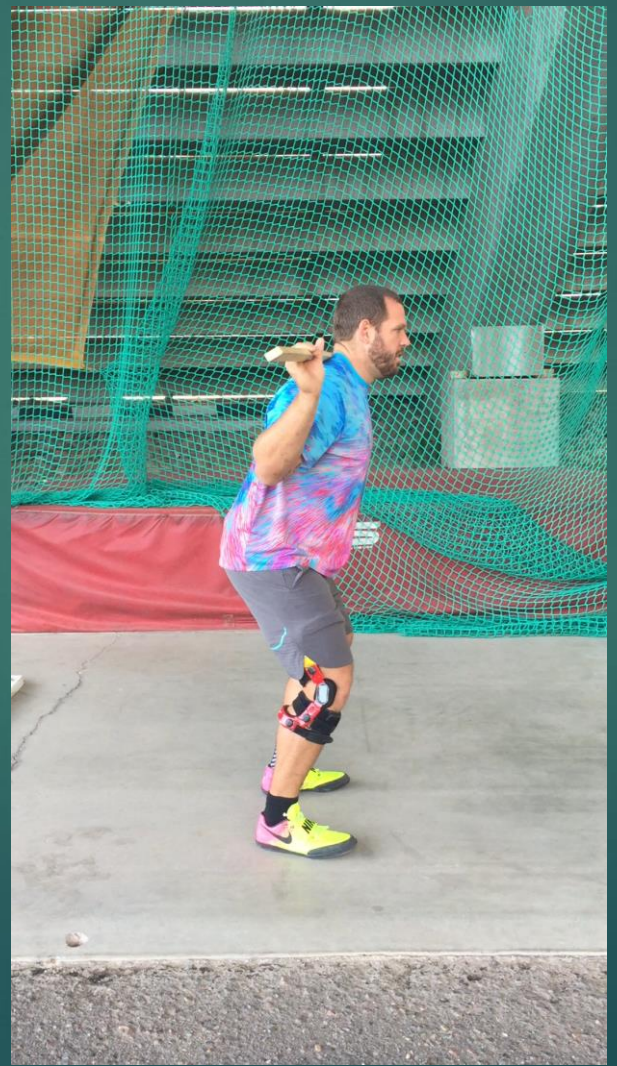
- Depends on hand size relative to implement
- Some throwers do hand spread to maximum
- Men generally place two fingers together (index and middle) on rim for extra support, thumb pressure is omnipresent but gentle, just a guide
- Beginning throwers are VERY uncomfortable letting centrifugal force hold the discus in the hand

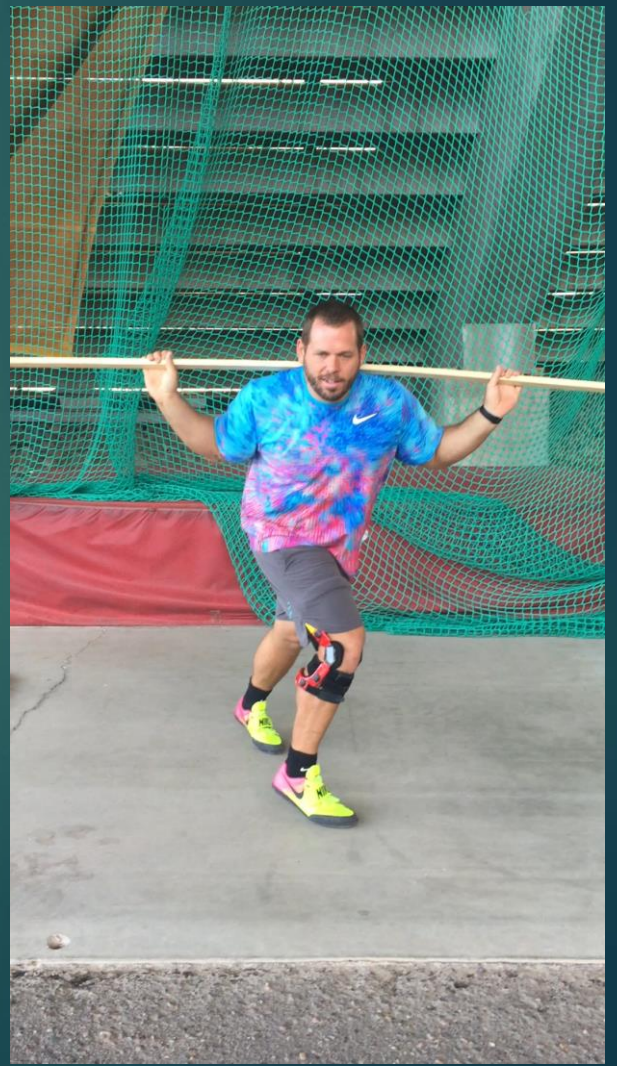
Getting comfortable

- Have them walk laps around the field tossing a discus casually straight up, not for height, just practicing getting the discus to come out of the hand correctly
- Walking back and forth casually tossing the discus like a walking stand throw
- Bowling contests, fun and easy way to get used to what a release should feel like
- Winding with hand flat, get used to TRUSTING the discus will stay in your hand

Double Pivot-Teaches hip movement and recognition of lower to upper body separation







Stand throw

- Discus stand throw is an essential drill for teaching release, implement path and block (both left arm and left foot)
- Focus should be put on keeping the levers (torso and arms) maximized by keeping the head centered at least and ideally stretching to the right
- Pulling the head "off" of the throw shortens levers and ruins discus flight
- Left foot should be PHYSICALLY blocked in the discus stand throw, meaning the left foot should flatten against the rim and remain there through release
- Left foot block is a hard cue to teach as feet want to turn

Stand throw

Left arm/left leg block

- Left arm block is initiated by left foot hitting the ground
- Think of blocking the hand/elbow, not the shoulder
- The hand elbow thought allows the block to take place without (ideally) the head pulling away and shortening the delivering lever
- Left foot block is a more advanced concept but it should still be worked on, especially during stand throws
- Left leg block (flat foot at the front of the ring) creates a firm and established axis of rotation and allows aggressive right side acceleration
- Athlete should think of the heel dropping to the ground to get an effective left leg block

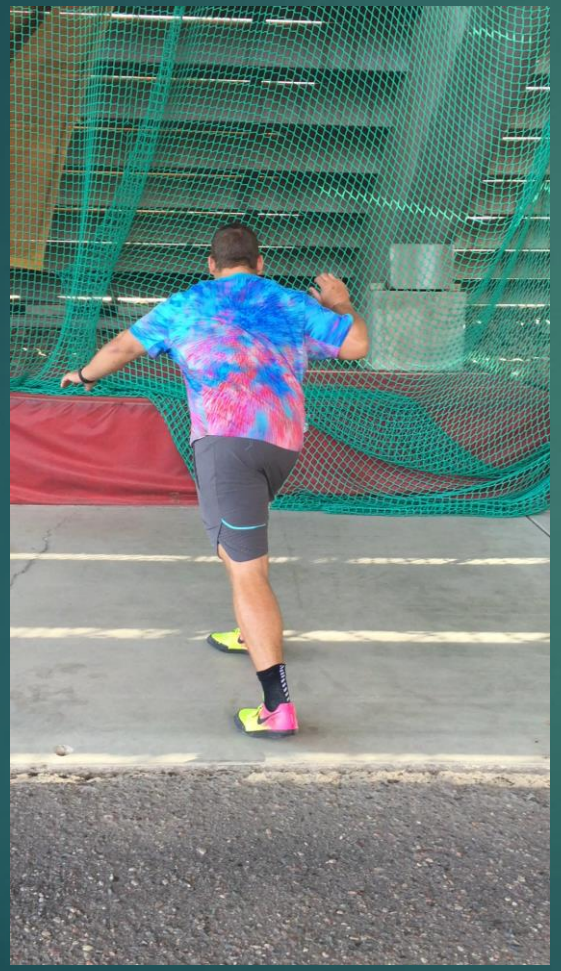
Left arm/left leg block drills

- The use of a discus ball (1k-2k weighted ball) or power ball is most effective tool for working on block without worrying about discus flight
- Start drill in power position with flat left foot, wind and initiate movement with left arm while keeping left foot flat, execute stand throw
- Do same drill with reverse with same goal in mind, firm left leg/foot block and deliberate left arm
- Once some technical proficiency is displayed move on to stand throws with discus

Wheel Goals

- Let left leg initiate movement
- Main difference between shot and disc is the use of a wind for the wheel
- Passive upper body until left foot lands in power position
- DO NOT let right foot fall behind rotationally, foot and knee should stay together
- Minimize knee to knee distance
- Can be used to help fix: wide knee to knee distance, over active upper body, loose or lagging right foot, left arm timing
- Due to the more static nature of this drill it is uncomfortable for beginning athletes as it feels like the discus will fall out of your hands, use of a discus ball or tool is very important. Throwing this drill with a discus is a more advance drill.

Wheel/Half Turn



Step in/South African

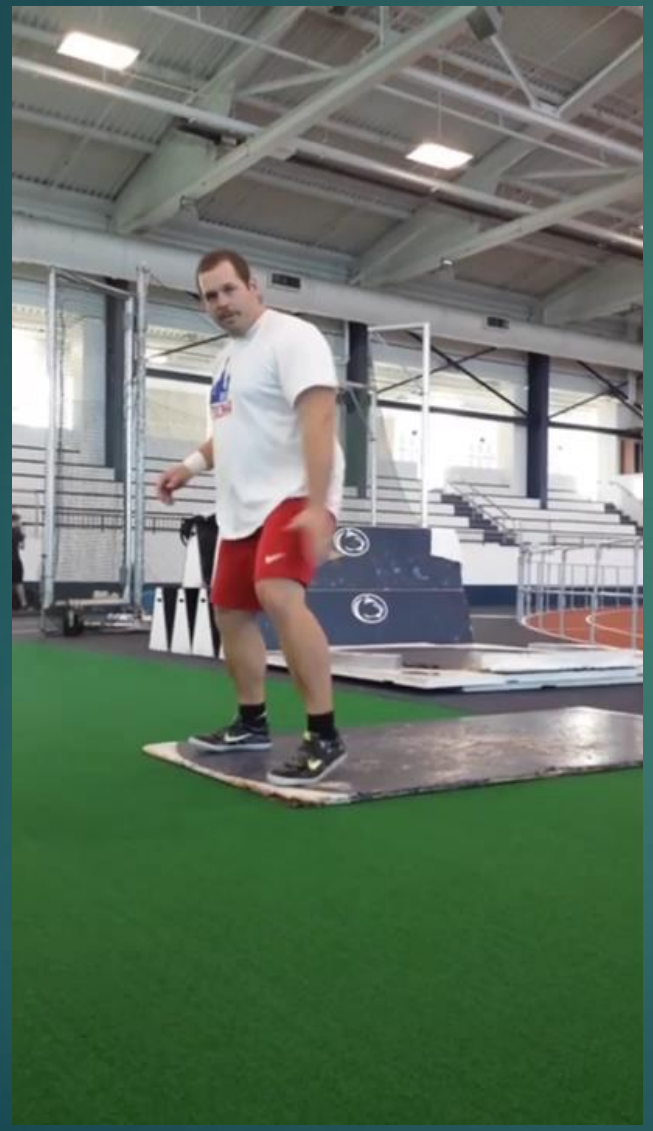
- Step in is literally a “step in” t0 the wheel drill
- Establish some linear direction without introducing the rotational variables of the entry or sweep
- South african is a more dynamic version of a step in adding some sweep and a very small “zero support” phase
- South african is used mainly to establish the ”do nothing” feeling of the zero support phase and get the athlete used to increase momentum and timing through the wheel/stand throw
- Either drill is very useful for working on the middle portion of the throw while being able to take out the variables induced by the rotational nature of the entry
- Can be used very effectively to emphasize the cut off point from rotational to linear drive on the entry for the lower body

Step in, the wind is essential with a discus

South African

- Simply a step in with zero support phase and emphasized sweep
- Start with discus ball or power ball so hand/ discus is taken out of it
- Move to discus once hand comfort is established

90-180-360-720



Entry/Wind

90-180-360-+++ Drills

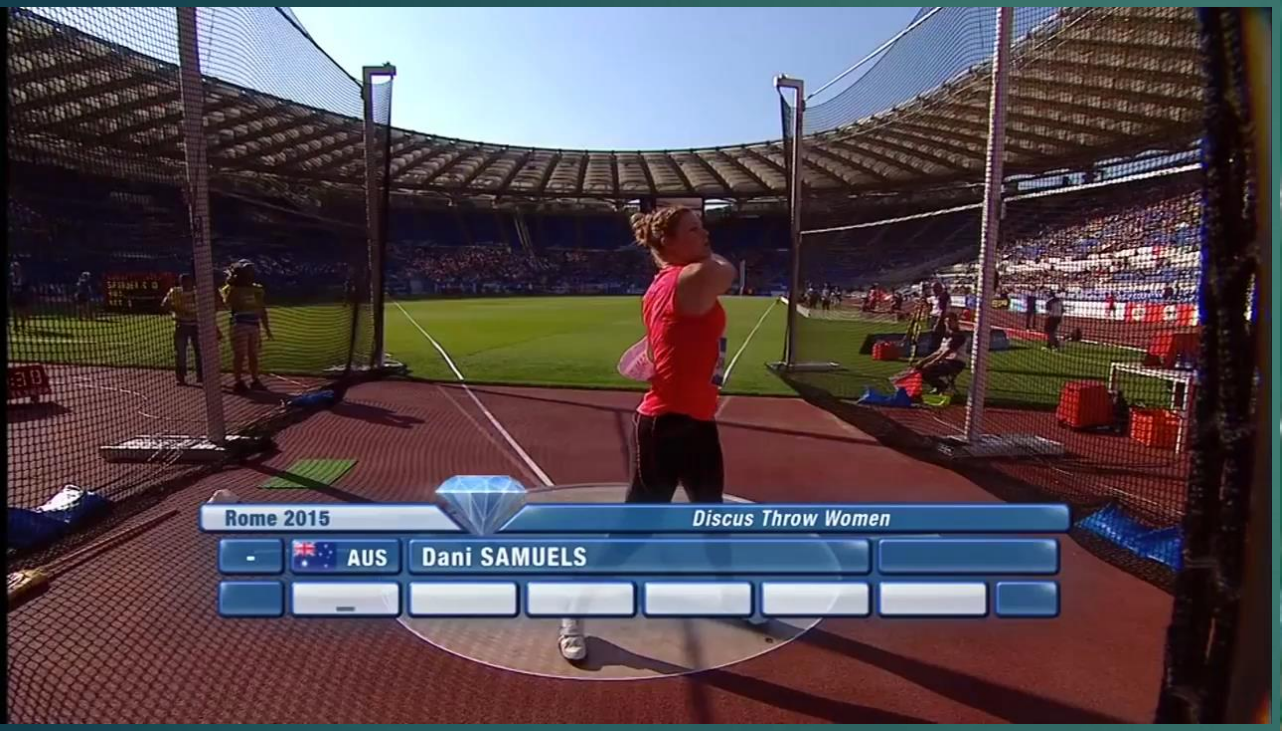
The purpose of teaching these drills is to help establish rotational momentum while staying on balance, all can be done with a bar/stick across the back, med ball in the hands or with nothing (as shown)

-teaches the “push” or impulse of the right foot that is generally untaught and underutilized by throwers
-establishes the sweep more effectively than a simple pick up of the right foot

Discus Wind

- Just like the shot, this varies drastically thrower to thrower
- For beginning throwers start winds with a discus ball or power ball
- Move onto discus and try to have beginning throwers remain 50-50 weight distribution left to right

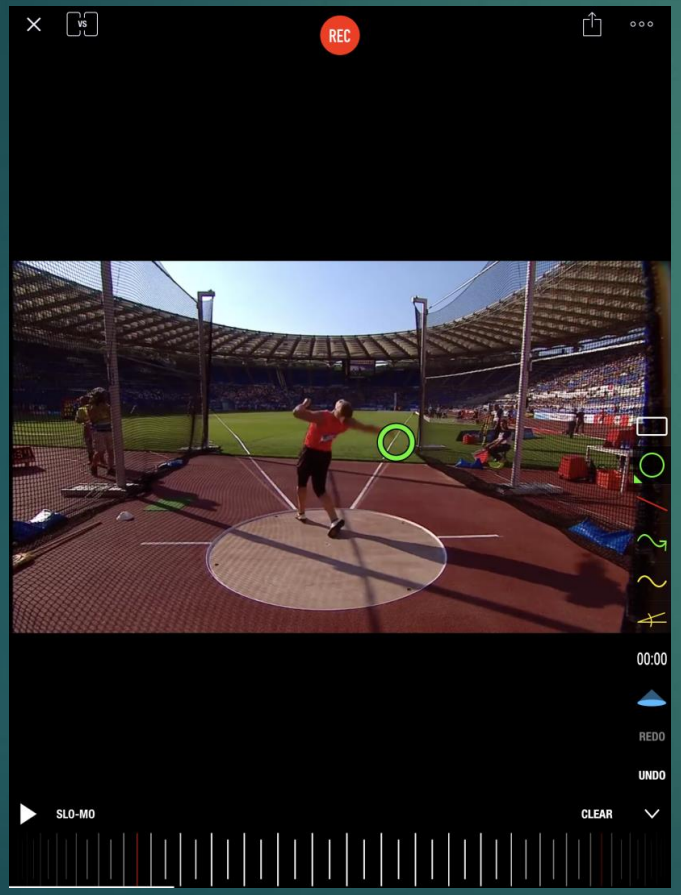
Wind



Women Vs Men

- Generally women get comfortable with the discus more easily than men due to the relative discus size to hand size difference
- Allows women to progress to comfortable and more useful wind more easily than men
- Largest difference is comfort and release angle due to discus size and RPM

Women Vs. Men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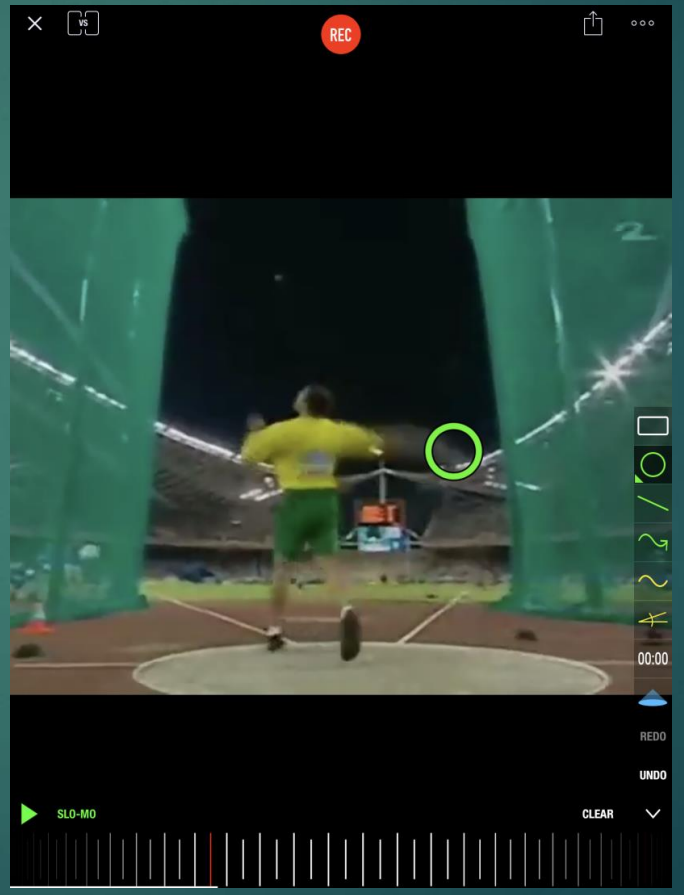
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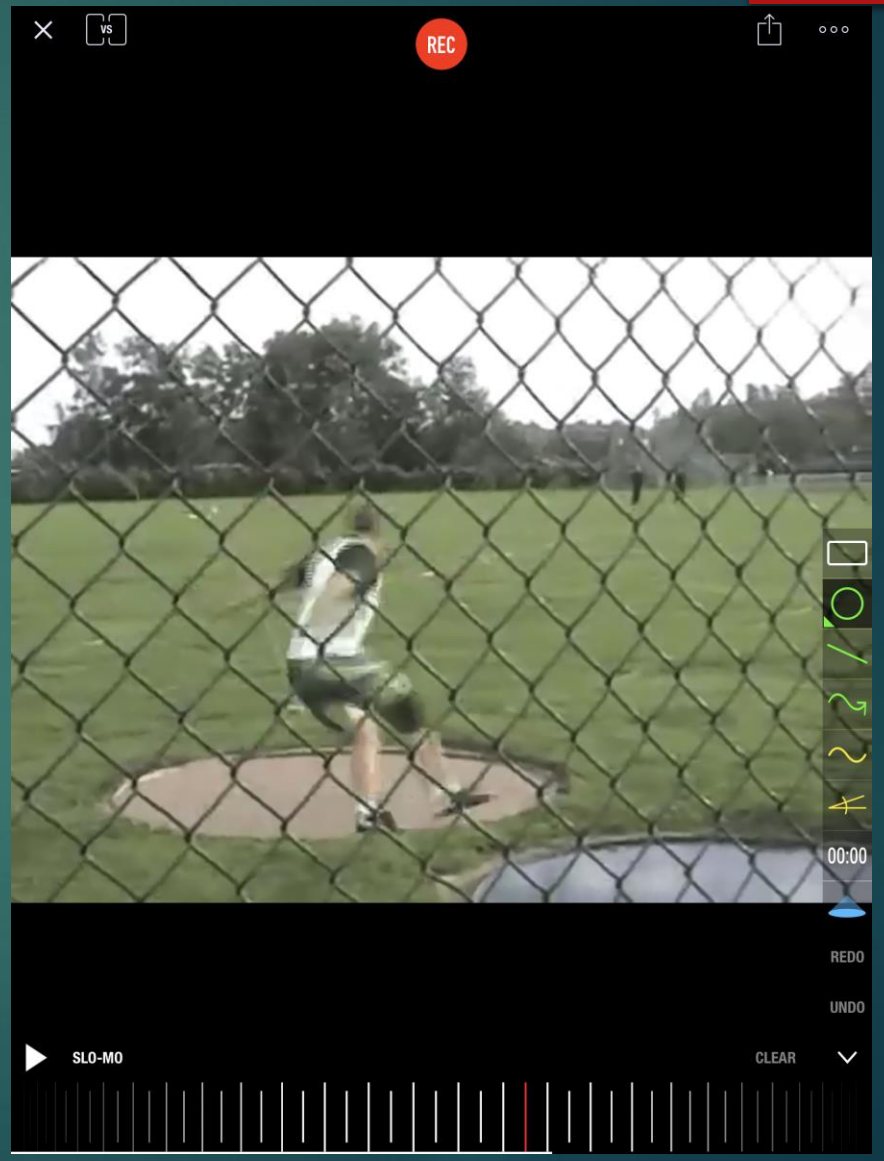
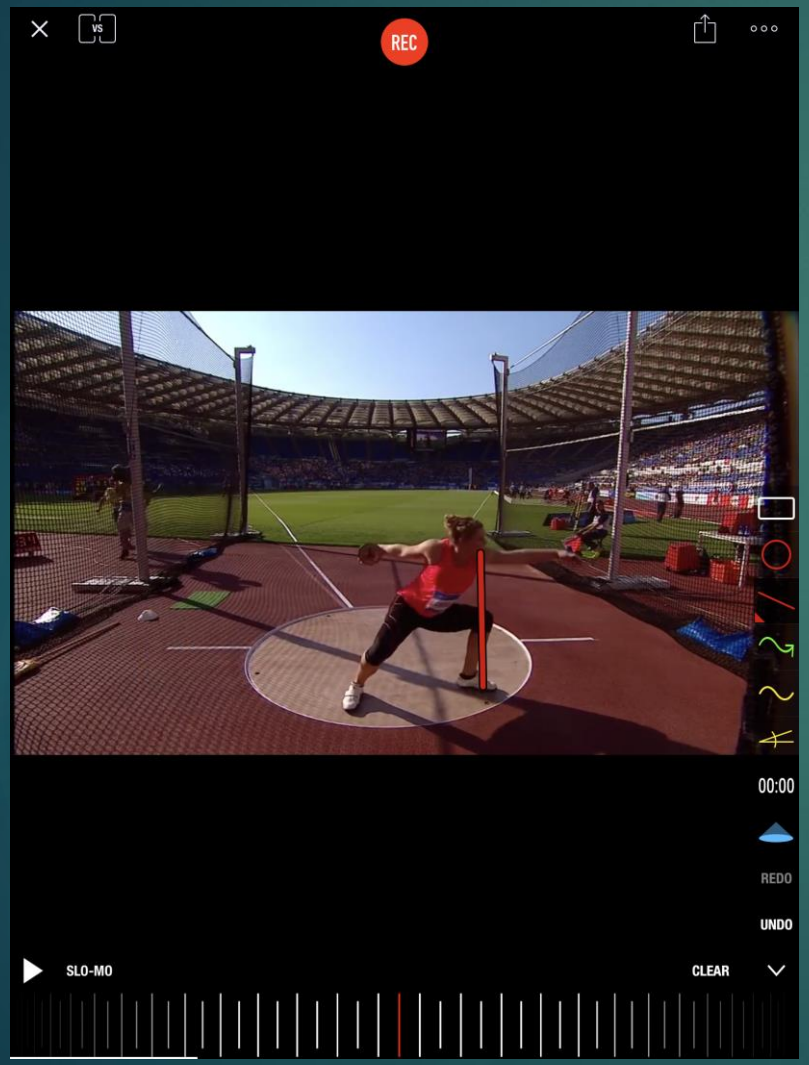
Sweep Vs. Drive

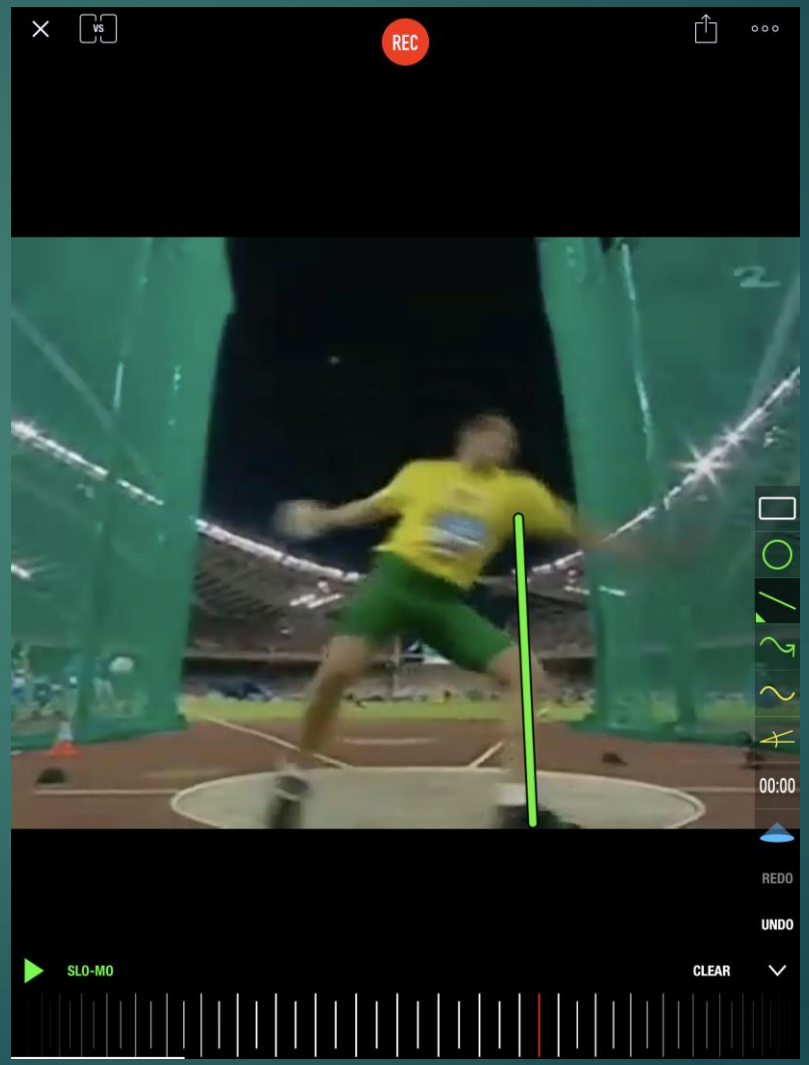
- Due to the size of the ring in the discus the drive should be emphasized over the sweep size in the shot put
- In discus the rotational nature and feel is more easily understood in general due to the longer lever
- “feel” can be put into the discus rather than using cues such as neutral head and level upper body
- Smaller sweep is acceptable but active right leg is still important

Sweep vs drive

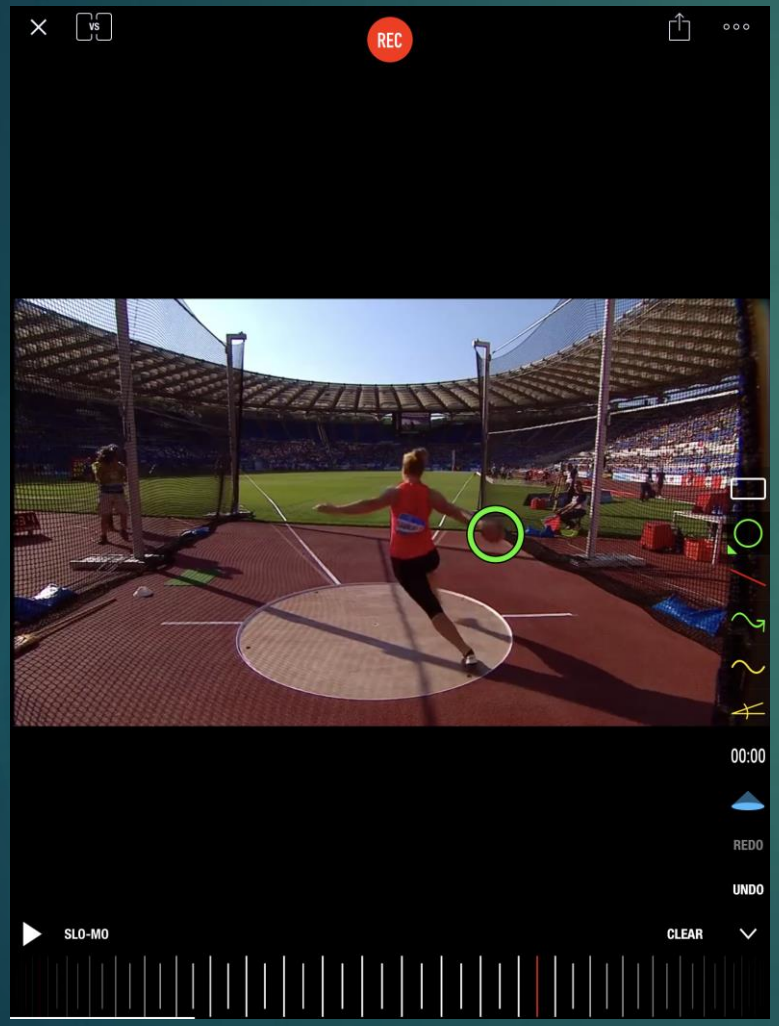


Phases-entry





Drive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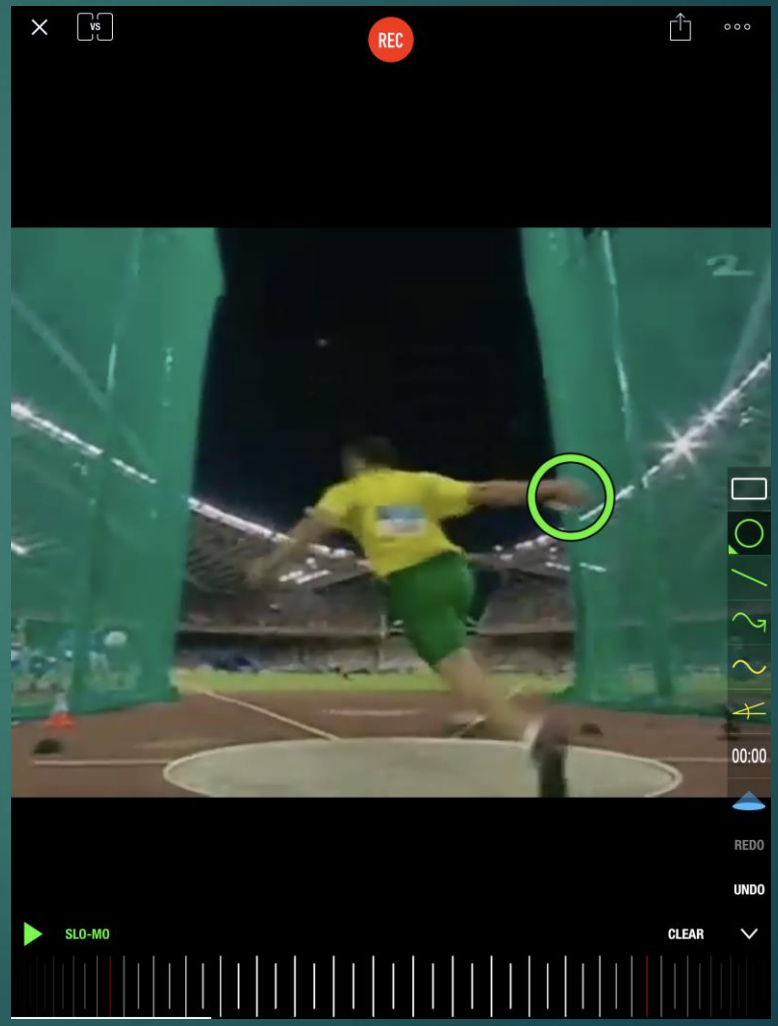
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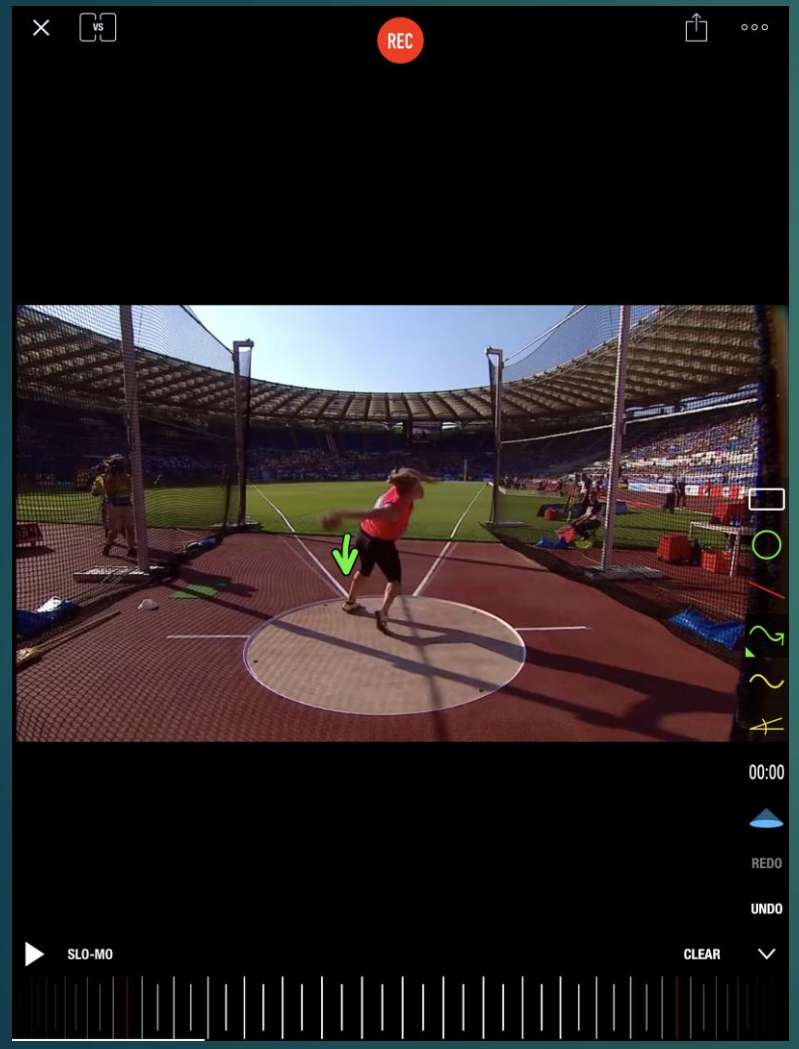
Block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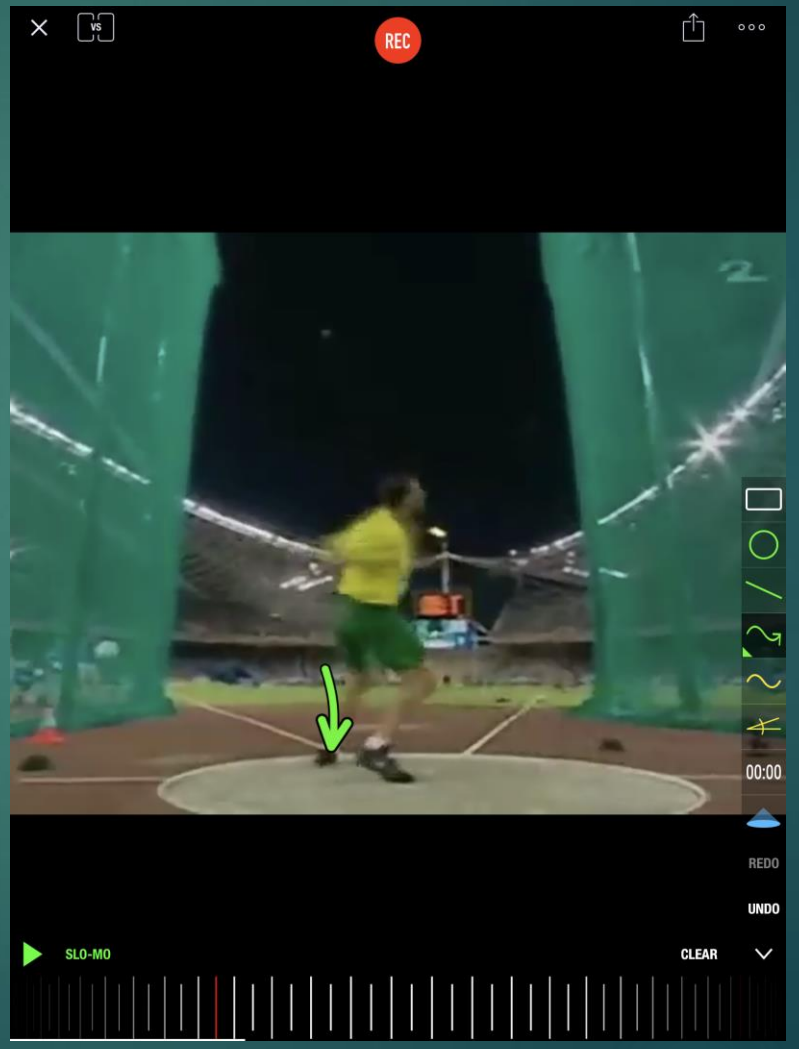
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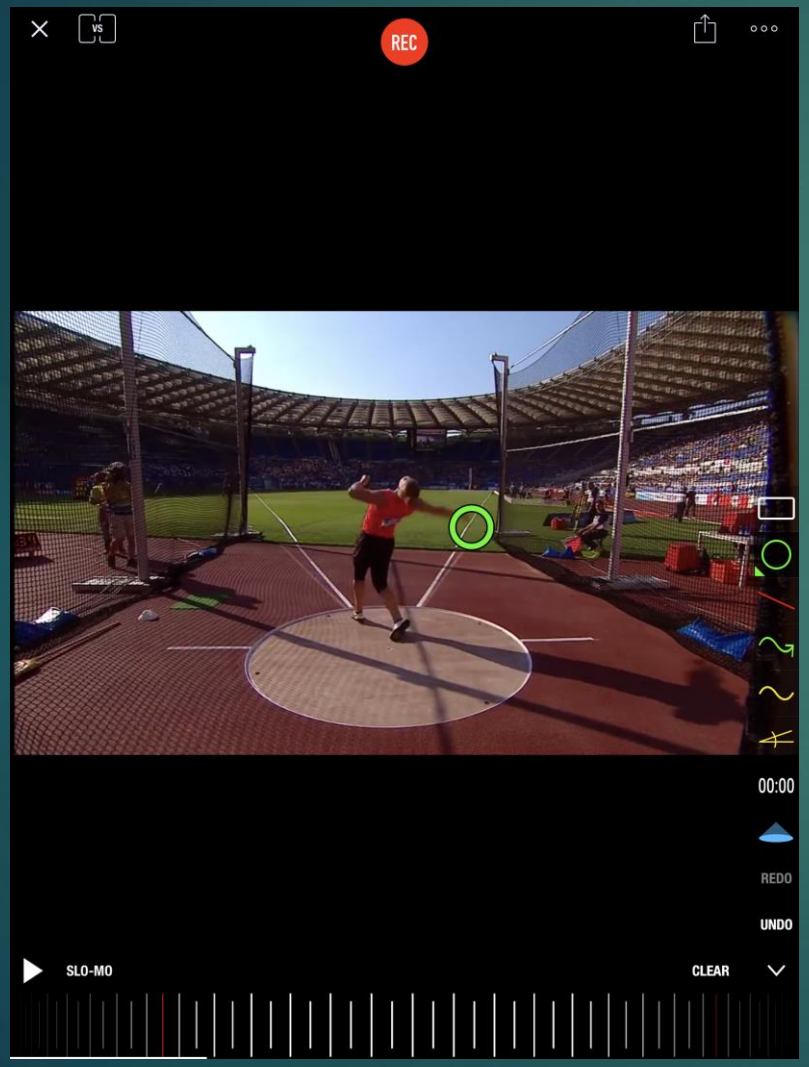
Delivery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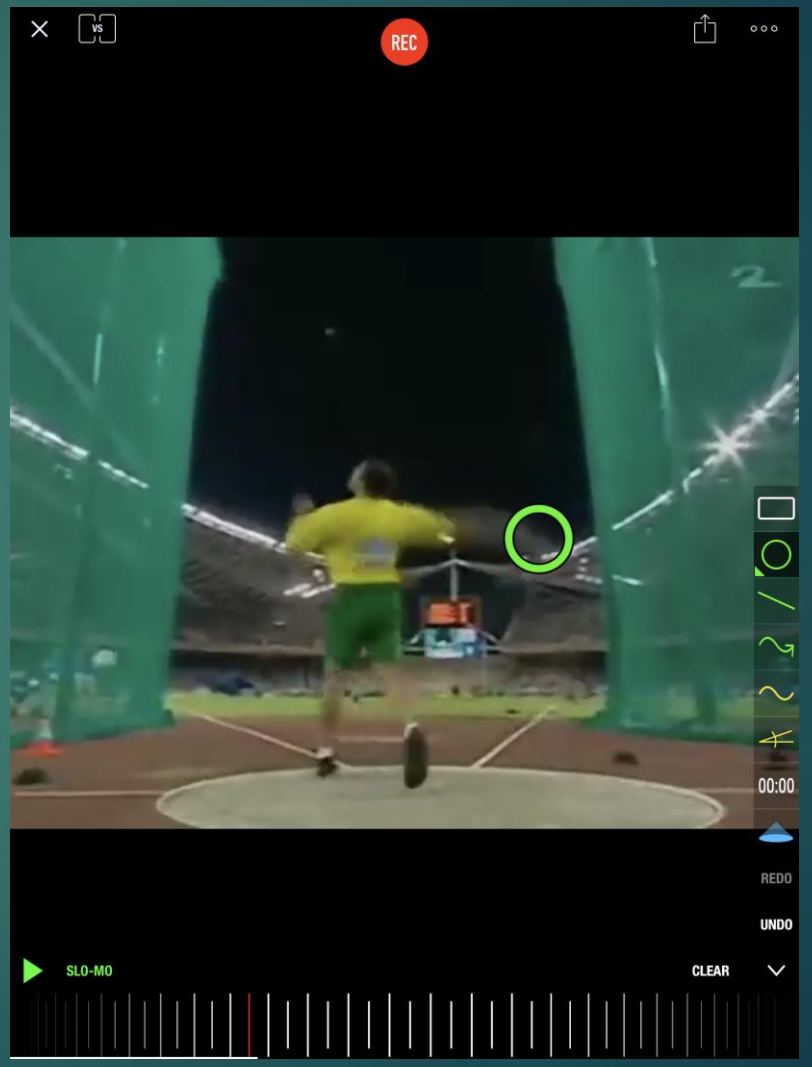
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Mindset: Practice Vs Competition

Practice

- Focus on technical proficiency and engraining cues and muscle memory
- Judged by what was done well, not what was done poorly
- Realistically cues take weeks to months, not a couple of throws, to take hold

Competition

- Execute, single cue should be picked before meet by athlete and coach
- Things will go wrong, get over it before you start and move on
- Be aggressive, use adrenaline and trust preparation
- Even if you aren't as ready as you want, it is an important part of competition to convince yourself you are BEFORE THE MEET

What goes through my head in meet

- Pre meet: visualize a perfect throw in your head. This usually keeps me up the night before a big meet
- Meet day: Purposeful preparation, eat right, don't get hung up on negatives, convince yourself that this is YOUR meet and everyone is just here to watch you
- Control what YOU can control (technical cues, confidence, diet) dismiss/deal with what you cant control (slippery ring, shot did not weigh in etc.)
- What is the point of being timid? You know who you are

Questions???