

DISCUS THROWING TECHNIQUE

Quick Revision

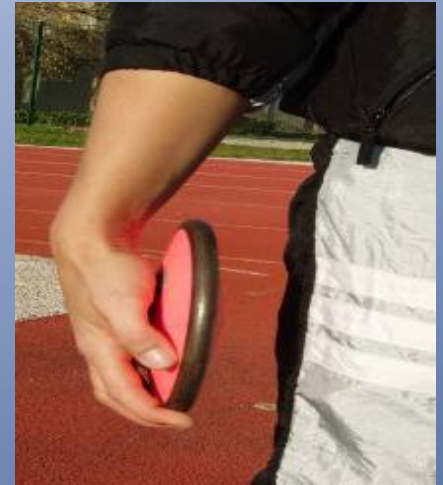
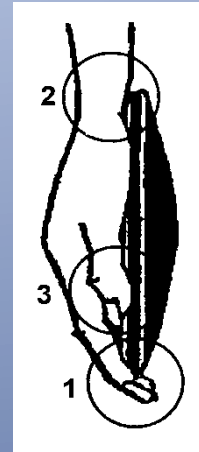
- Balance
- Rhythm
- Range of Movement
- Acceleration
- Power Transfer



DISCUS THROWING TECHNIQUE

- GRIP
- PRELIMINARY SWING
- ENTRY
- TURN(or run across)
- THROWING OR POWER POSITION
- THE THROW

The Grip



Aim - To hold the discus firmly through the acceleration and to impart correct rotation on release

- Discus is held in the last joints of the fingers (1)
- Fingers are spread on the rim of the discus
- Wrist is relaxed and straight (2)
- Discus rests against the base of the hand (2)
- Thumb rests on the discus (3).
- www.youtube.com/watch?v=KytMRh2j_T8

PRELIMINARY SWING

AIM - To establish rhythm for entry into the throw.

- Feet slightly wider than shoulder width with legs slightly bent
- Easy and relaxed and not too many not too vigorous.

- ***KEY POINTS***

- SIMPLE
- RELAXED
- NOT TOO VIGOROUS
- BALANCED
- RHYTHM



ENTRY

- **AIM** - To attain a balanced closed position through to the centre of the circle.
- Load and turn left leg
- Stay closed
- Right leg-hip lead
- Head up - looking for focal point
- **KEY POINTS**
- BALANCE
- LOWER BODY LEAD
- LOOK FOR FOCAL POINT
- DISCUS BEHIND RIGHT HIP



TURN (or Run Across)

- **AIM** - To gather speed and land in an efficient throwing position
- Left leg drives from back
- Right foot down on ball, turns in and immediately starts to work
- Avoid left shoulder lead
- Discus to high point
- Rhythm 1-----2-3

KEY POINTS

- LEFT LEG DRIVE
- NO LEFT SHOULDER LEAD
- RHYTHM 1-----2-3
- FAST FEET



THROWING (Power) POSITION

- **AIM** - To achieve a balanced torque position
- Left foot quickly to front (throw cannot begin until it arrives)
- Right foot keeps rotating
- Toe of left foot in line with heel of right
- Land balanced
- Upper body stays closed

KEY POINTS

- BALANCE
- RIGHT FOOT KEEPS TURNING
- LEFT FOOT DOWN QUICKLY
- FEET IN CORRECT POSITION
- STAY CLOSED



THE THROW

- **AIM** -To get as much speed into the discus as possible.
- Lower body dominated
- Right foot-knee-hip turn
- Left side brace
- Hip drives through from right leg extension
- Left leg slightly bent, then straightened as right arm strikes
- Right shoulder, arm fast and last
- Long pull

KEY POINTS

LEGS DOMINANT

LEFT SIDE BRACE

HIP DRIVE

ARM FAST AND LAST



END POSITION

- **FIXED FOOT** -
Mechanically very
sound. Essential in
training



END POSITION

- **REVERSE** - Energy generated will cause loss of foot contact - reverse necessary to stay in - Avoid premature reverse



Avoid Premature Reverse



How Do We Improve Technical Competence Discus?

- **Release:**
Roll along ground to see the importance of the locked wrist.
Figure of 8
- Take Discus for a walk
- Single Support Jumps/Balance Drills - www.youtube.com/watch?v=ePtObbk8c_0
- Standing Throws
- Half Turn drills
- Back to Centre Drills
- South Africans
- Full Throws – Fixed Foot – With Reverse
- Line drills- Big Circle/Small Circle

Standing Throw



Hugh Murray - National Coach Mentor -
Throws

Standing Throw Working on Left Side Block



Hugh Murray - National Coach Mentor -
Throws

Half Turn Drills/Throws



Hugh Murray - National Coach Mentor -
Throws

Overweight (2.5KG) Half Turn



Hugh Murray - National Coach Mentor -
Throws

South African



Hugh Murray - National Coach Mentor -
Throws

Line drills- Big Circle/Small Circle



Faults and Corrections



Summary

- No Shortcuts
- Get Priorities Right
- Get the Detail Right
- Be Patient
- Annual Progressions
- Get to know your athletes strengths and weaknesses, and know your own
- Consistency/Commitment
- Make it fun



Questions