DISCUS THROWING TECHNIQUE
Quick Revision

• Balance

• Rhythm

• Range of Movement

• Acceleration

• Power Transfer

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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](http://www.youtube.com/watch?v=KytMRh2j_T8)

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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 to many not to vigorous.

KEY POINTS

- SIMPLE
- RELAXED
- NOT TO 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

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• **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

Hugh Murray - National Coach Mentor - Throws
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
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