THE DISCUS THROW
Channeling Power Through The Discus

by

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STANDING THROW

• Wind through proper path.
• Maximize radius.
• Proper posture – draw lines
• Set hips over feet.
• Set release angle with body position / right knee bend.
• Heel to toe.
• Chin moves with chest
• Initiate movement with right foot and left arm.
• No Reverse
PIVOT TURNS
Teach Transition

- Static start, no reverse.
- Maximize radius
- Head and chest stay back.
- Set right hip in front of upper body.
- This body position sets the axis of rotation.
- Upper body back and relaxed until left foot contact.
Non-Reverse Throws For Training

- Do **not** train athletes to jump!
- Teach the athletes to work the ground as long as possible.
- Learn to accelerate the discus with lower body first.
- Keep the upper body back over the right.
- Establish relationship with the ground.
- Right foot connection with the concrete.
FULL THROW
Wind-Preliminary Swing

• Start young throwers with no wind.
• Static start!
• Teach them to use lower body first.
• Long and loose
• Maximize radius
• Upright posture
• Eyes on horizon line
• Not too fast!
• Chin moves with chest
THE ENTRANCE

• How to initiate movement?
  • Shift weight over left foot by bending left knee.

• Left arm, left leg system work together.

• Create tension in triangle.

• Right leg moves out.

• Big right leg sweep. Long and slow.
• Knee up toe up right leg.
THE ENTRANCE

• Left knee rotates in and down to center of circle.
• This movement helps to set drive angle.
• Right leg sweeps wide and shortens on entry into circle.
• Don’t lead with the head. Chin moves with chest.
• Transition movement begins.
• Upper body slows while right knee and hip move ahead.
TEACHING THE ENTRANCE Drills

• 360 degree pivot drill. Helps with balance over the left leg.
• Tap around drill.
• Cone drill for right leg. To teach right leg sweep.
• Get to the corner concept.
• Armpit over left knee.
• Hit a target with left hand.
MOVING TO THE MIDDLE
The Transition

• Left knee rotates in and down.
• Left shin sets drive angle off the back.
• Right leg shortens and drives to the middle.
• Right foot is dorsa flexed.
• The drive off the left is a punch!
• Not a lunge off left!

Casey Malone
1st Place Men’s Discus 62.71m 205-03 ft.
CSU Alumni 2 time Olympian Jack Christiansen Invitational 4/24/10
MOVING TO THE MIDDLE
Drills

• Transition step drill.

• Transition step drill to a box.

• Pivot turns or wheel drill. With specific start position!

• Tap drill and step to middle working transition movement.
FLIGHT PHASE

Setting Up The Throw

• Head and shoulders stay back as right leg and hip move in front.
• Hang discus out to right side.
• Do not advance shoulder and head.
• Keep system together.
• Right foot touchdown and turning.
• “Pinch” or close left knee to right
THE ORBIT
Discus Path

Created When:
- Shoulders & head stay back.
- Right leg and hip drive to the middle.
- Race to move legs and hip in front of upper body.
- Upper body operates on back half of circle throughout the throw.
- Left shoulder down when right touches in middle.

Casey is too high in this position. Right foot should be dorsa flexed!
DOUBLE SUPPORT

Power Position

• Get left foot down as soon as possible.
• Upper body inactive until left foot contact!
• Extend working phase
• Left arm and right leg work
• Feel the stretch
• Stay out to the right!
THE FINISH
Blocking Action

• Left arm moves long through high point – bends and stops at side.

• Left leg straightens.

• Push up through ball of left foot.

• Left drives up, out and sweeps back for reverse.
THE FINISH
Right Side Action

• Right foot and knee help turn the hip.
• Right hip moves in front of chest.
• Discus stays back as long as possible.
• Feel the stretch!

• Right side will finish in front of blocking left side.
THE RELEASE

• Hang it out to the right.
• Extend that radius.
• Right eye on the discus at release.
• Hold left side block.
• Get right side all the way through!
• Left foot leaves first.
• Right foot stays in contact on delivery.
• Discus right edge down.
HOW DO THEY THROW SO FAR?

• Flexibility
• Specific Strength
• Very Tall
• Long Levers
• The Non-reverse
• Good technique!
• Working the discus over a longer path
• Drugs??
TEACHING THE ENTRANCE

*Drills*

- 360 degree pivot drill.
- Tap around drill.
- Cone drill for right leg.
- Get to the corner concept.
- Armpit over left – string drill
PROBLEMS AND CORRECTIONS

Problems:

• Falling to the middle.
• Loosing discus down right sector line.

Corrections:

• Get body weight over left at start.
• Head and left shoulder too involved.
• Landing piked in the middle. Posture to the middle.
• High point up too early.
• Upper body active to the middle.
PROBLEMS:
• Under-rotation to middle.

• Fouling out the front.

• Hopping up off the back. Too much air time.

CORRECTIONS:
• Continuous left knee turning off the back.

• More active right leg at the back.

• Stronger block. Non-reverse training throws.

• Setting and keeping axis.

• Deeper bend and rotation of left knee in and down to the middle of circle.
PROBLEMS:
• Throwing before left is down. Causing flat throws.
• Staying back on right leg at finish.

CORRECTIONS:
• Left arm catch drill.
• Get left down earlier.
• Pivot turn drill: teaches patients.
• Non-reverse throws
• Keep upper body on back ½ of circle.
• Axis of rotation stays in tact.
COACHES: WHAT TO LOOK FOR?

View From Back Of Ring

• Getting over the left with armpit / knee.
• Staying out to the right in drive phase.
• Get power through the discus? Don’t Split.
• Stay into the finish.
• Hold Head and direct energy!
• Foot alignment.
• Hips engaged – posture.
• Discus path – setting up finish path.
• Orbit alignment can give you clues to problems.
WHAT TO LOOK FOR?
Side View

• Left leg punch off back / no lunge step.
• Right leg action to middle / knee up.
• Right foot under knee with toes up.
• Land in middle of circle / no reach.
• Upper-body on back ½ of circle.
• Right leg turning / axis of rotation.
• Left leg block / line up through head.
• Right side through: hip rotation / shoulder to the front.
• Thrower sitting out!
• Right foot contact through release.
QUESTIONS?
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