Discus Progression

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I. Grip
- A. Spread fingers
- B. Two fingers together (index and middle)
- C. First joint of fingers over edge of discus

II. Release (right-handed)
- A. Index finger in a clockwise rotation
- B. Solutions to problems
  - 1) Thumb in contact with surface and pointing straight ahead
  - 2) Hand maintains flat position during release
  - 3) If discus continues to come off middle finger, tape the index and middle finger together. (for practice only)
- C. Drills
  - 1) Catch discus
  - 2) Bowling to partner
  - 3) bowling for accuracy and distance

III. Prep swing
- A. Stance
  - 1) Heel-toe relationship (left toe in line with right heel)
- B. Prep swing
  - 1) Catch position to high point -- left towards sector
  - 2) Float-away to low point -- right into circle but continue around body to another high point
  - 3) Weight transfer down and over right leg
  - 4) Left leg nearly straight, inside of left foot touching
  - 5) Free arm is opposite of discus
- C. Solutions to problems
  - 1) Keep left arm opposite right arm motion
  - 2) Transfer weight “out” to right leg and down
  - 3) Use right leg to transfer weight back to front
  - 4) Relaxed rhythm and keep head up
- **D. Drills**
  - 1) Practice movements with something in hand
    - a. towel
    - b. weighted ball or rod
    - c. traffic cones
  - 2) Practice in front of a mirror
  - 3) Draw a figure 8 etc. to feel the discus pressure on finger pads

IV. Standing throw
- A. “Prep-swing” using a good heel-toe relationship
  - 1) same as before
- B. Power position
  - 1) Discus “floats” away and around body to high point of orbit, which is the middle of the sector
  - 2) Develop a long line from left hand to left toe, discus up in orbit behind the body
  - 3) Right heel off ground and parallel to sector

C. Throwing motion
   1) Maintain throwing arm up and away from body for maximum lever length
   2) Left arm is long and moving at an angle towards the high point of the orbit (middle of sector)
   3) Weight transfer
      a. left arm swings up and back towards sector, right leg turns toward front leg
      b. keep eyes back until last moment
      c. finish with weight supported on both legs
      d. shoulders are level, left elbow at side
   4) Left arm pulls straight down to side of body with the thumb at the shoulder
   5) Block left leg by a quick extension of leg and point the toe at the ground at the same time the left arm reaches side of body

D. Release
   1) Shoulder height
   2) Shoulders are level and square to front
   3) "Pinch" discus off index finger
   4) Left leg blocked
   5) Left arm locked at side (thumb at shoulder)
   6) Body weight is supported on both legs
   7) Release angle between 34 and 40 degrees depending on wind conditions

E. Solutions to problems
   1) Establish a long left side in the power position
   2) Maintain a long discus arm -- high and away from the body
   3) Think "left arm and right leg" when beginning the throwing motion
   4) Transfer weight to front by turning hip, knee, and foot, and pushing right foot, leg, and hip towards front of circle
   5) Release discus with shoulders square and level
   6) "Strum" thumb towards fingers to achieve maximal "pinch" at release
   7) Lock left arm close to side
   8) Remember ***legs and body positions elevate the discus, not the arm alone.***

F. Drills
   1) Use baseball bats to teach the pivot of the lower body
      a. step left-pivot right foot -- swing bat
      b. emphasize quick hips

V. Wheels

A. Stance
   1) Right foot in center of circle pointing in the direction of the throw
   2) Right arm up in back of body
   3) Left arm opposite right arm
   4) Right leg bent with heel off ground
   5) Left leg bent but behind hips

B. Motion
   1) Maintain angles of ankle and knee
   2) Push from left foot to support the mass over the right leg
   3) Left knee tucks in behind right knee through middle rotation

4) Feel left foot move beyond right lower leg
5) Continue movement over right leg by moving right hip in direction of throw, take down in wrestling

C. Solutions to problems
1) Maintain angles of pivot foot and leg
2) Keep arms away from body as in discus throw
3) The push from left foot and right hip in direction of throw occur in sequence to establish linear motion
4) Push and tuck left knee to race lower leg ahead of right leg to establish rotational motion

VI. Getting on Balance -- the 360 drill

A. Stance
1) Bend knees, heels off ground
2) Arms out in front
3) Pivot upper body to right as in a prep swing
4) Keep hips at middle of base

B. Getting on balance
1) Lead with back of left shoulder
2) Unitize left foot, knee, hip, and shoulder
3) Push off right foot to move mass of body to the left foot
4) Rotate around left side with sternum over left foot

Note: *right foot automatically lifts off ground which ensures a transfer to an on-balance position. Pivot around left side back to original point*

C. Solutions to problems
1) Unitize left side
2) Long right leg sweeping out and around left side back to start

VII. Quarter turns

A. Progression
1) Work on lines
2) Place feet on line about shoulder width apart
3) Bend knees 45 degrees
4) Arms relaxed, away from body, about waist high
5) Pivot forward ¼ turn by employing the on-balance skills

Note: *Balance is attained by transferring weight to the left by moving left shoulder over left foot*

6) Pivot on ball of left foot at the same time the left shoulder is moving above the left foot
7) ¼ turns until back to original position

B. Solutions to problems
1) Do not change angles of knees and ankles when transfer to on-balance and pivot
2) Unitize left side all the way around
3) Control pivot
4) "Move left," "pivot left," rotate ¼ turn etc.
5) Keep knees and thighs apart

VIII. Half turns

A. Progression
1) Same as ¼ turns, except employ ½ turns forward

B. Solutions to problems

1) Maintain balance
2) "Transfer weight" and "Pivot foot"
3) Unitize left side
4) Keep knees and thighs apart

IX. ¼ Forward, ¼ Forward, ½ Back (Which is the wheel)

X. ¾ Forward, ½ Backwards (Wheel)

A. Checklist

1) Keep arms out for balance, simulate holding discus
2) ½ backwards is the "wheel" and reach
3) Finish in a balanced position
4) Maintain angles of knee and ankle during center pivot
5) Wheel left leg tightly and reach left to power position
6) Left leg is long in power position
7) Weight maintained over pivot foot (left foot at start and right foot in center)
8) Left arm long for a long left side in power position
9) Eyes outside the circle
10) Right arm high and back
11) Left arm opposite right arm
12) Be relaxed

XI. Spin

A. Stance

1) Refer to "Getting On Balance"
2) Keep hips at center of base
3) Wind up to comfort

B. Motion

1) "Get on Balance"
2) Keep knees and thighs apart
3) Unitize left side to pivot around left side
4) Swing right leg wide and feel the leg being pulled around to the front with the inside of the leg
5) "Sprint" off the left foot when the toes are in a normal running position
6) "Wheel" the left leg to the tight position
7) Maintain angles of ankles and knee
8) Reach with the left leg to assume a power position
9) Throw