Discus Training Concepts

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STANDING THROW

Posture
Back straight with right knee bend to set the body position or angle. Deep right knee bend will also help when turning the right foot and hip.

Hip Engagement
Good foot position with hips engaged.
Hips need to be underneath the athlete and on top of the feet.
The athlete may need to make an effort to push the hips forward to take the bend or pike out of the power position.

Static Position
The thrower should start with the discus arm long with upper body wound back as far as comfortable. The thrower may need to turn the discus hand to face up in order to keep the discus from falling out of the hand.

Hold the Tension
The athlete has a goal of maintaining this tension or torque or separation as long as possible until the finish. The lower body is active while the upper body holds the torqued position. Feel the right side turn open which creates momentum while the upper body stays back.

Start with a static position. Power position with no preliminary swings. Train the athlete to work the right foot, knee, hip in front of the discus and upper body. Complete the right hip movement before un-winding the upper body to finish.

Teach the Thrower to Work the Ground
- The thrower needs to learn to work the ground with their feet.
- This means turning the right foot while turning the right knee in and rotating the hip forward.
- Supplement with medicine ball work holding ball near working hip and drive it into the wall.
- Bar work: use lifting bar to work specific strength through the throwing movement.
- Work the movement on both sides. Yes both sides of the body!
- Keep body weight back over the right leg.
- Feel the ground and work the ground with the feet.

Introducing Movement to the Standing Throw
The stand throw concepts remain. The upper body needs to stay under tension or torque while the lower body moves. We must train the thrower to move the lower section of the body while being disciplined and patient with the upper body. This is a very difficult concept and must be taught.

PIVOT TURN

The throwers right foot is placed near the center of the ring.

Left foot is placed near the back where the foot would be after the initial 180 degree entry movement.

The thrower moves discus back and creates tension in the upper body. Hold this position with the upper body. The upper body will not move until the left foot makes contact in the power position. This is critical to having a long pull on the discus. Our goal is to work the discus over the longest path possible to create longer throws! This must be done with both feet on the ground.

Your coaching cue will be for the athlete to hold tension in the upper body while being active with the lower body. The left leg punches and closes at the knee and snaps down at the front of the circle in the power position. The tension in the torso remains until left foot contact. That is the cue to unwind and hit the finish. This is a learned skill.

Nearly every thrower I have worked with wants to finish before the left foot makes contact. I call this action, "throwing onto the left".

- The result of throwing onto the left is body tipping out of preferred axis causing low throws.
- It also causes the thrower to work the discus over a very short path and creates short throws.
- Causes fouling due to body weight shifting and late blocking actions from the left leg.

Increase Movement

*Introduce more movement with these drills. The athlete focus is to move the legs while holding tension with the upper-body. Stay wrapped until left foot contact. Vary the movement with the same goal of reaching the power position with the implement back. Work the implement over the longest path possible.

- Walk into a Pivot Turn
- Skip into a Pivot Turn
- Run into a Pivot Turn
- Javelin approach

Full Throws

- Begin work on entry mechanics - refer to my Power Point Presentation
- Do all full throws from a non-reverse movement to begin with.
- No wind or preliminary swing to start the throw. Static start only.

Why?? This helps the athlete keep the upper body under control and concentrate on holding the upper body back through the entire movement. Lower body active with upper body holding wrap or tension.

No Reverse, why? Because most high school throwers jump the finish and do not work the ground with right leg and hip which causes them to lose separation and power from the torso. Most jump early before hip completion. Non-reverse throws help build awareness of balance and ground up rotation. The proper action of the reverse should be to rotate first then lift.