

SLINGING THE DISCUS

A BREAKDOWN OF MODERN DISCUS TECHNIQUE

Presented By Peter Miller
University of Minnesota
Women's Track and Field
IAAF Level 5 and USATF Level 3 Throws

My Background

Shot put and Discus Athlete at the University of Minnesota 2003-08

Throws, Multis and Strength Coach at the University of Wisconsin-River Falls 2008-11

Throws Coach at the University of North Dakota 2011-13

Field Events Coach at the University of Minnesota (Women Only) 2013-Present

Field Events Education Completed

- USATF Level 2 Jumps
- USATF Emerging Elite Throws Coach
- USATF Level 3 Throws
- IAAF Level 5 Throws
- USTFCCA Certified Throws Specialist
- USTFCCA Master Coach Shot/Discus (In-Progress)



Influential People

-Dan Eickhoff - My High School Coach

-Scott Bennett - My College Coach

-Lynne Anderson - Former U of MN Women's Coach

-Lynden Reder - Current U of MN Men's Coach

-Art Venegas - The GOAT Coach

-Virgilijus Alekna - The GOAT Thrower

-Mac Wilkins and John Powell

-The German System - Klaus Baronietz

-Every Athlete I have Ever Coached





Disclaimer

-Not the answer for everyone

-I do not teach this to all my throwers

-Combining technical models can be dangerous or brilliant

-Some of this is contradictive to what I was taught as a thrower...but the proof is in the results



Setting up the Throw

-Singular Smooth Slow Wrap - Consistent

-Neutral Head - Chin and Sternum Alignment
- Focal Point

-Flat Right Foot

-50-50 Weight Distribution

-Discus Pinned Behind the Hip



The Entry



- Set Left Foot and Hip to just past 90 Degrees
- MOVE LEFT!!!!
 - Increase to 80-100% Weight on Left Foot
- Push Right Knee or Inner Thigh out the Back of Ring
- Right Leg Sweeps High
- Fall Into the Middle
 - Level Shoulders
 - Right Hip works under/ahead of Shoulders

Flight Phase



- WIDE Right Leg Sweep
 - From High to Low and Past Hips
- Sprint like Left Leg Extension
 - Sprint Towards Middle of Sector (Focal Point)
 - NOT A JUMP - Hips Don't Rise
- Left Shoulder Drops Slightly, With Long Arms
- Knees/Thighs Slam Together, Turning over the Hips
- Discus Rises due to Acceleration and Left Shoulder Action

Power Position



- Right Foot pointed back to 0 at Touchdown
 - 75% of weight on Right Leg
- Right Foot CONSTANTLY Turns
- Left Foot Taps down with discus pinned up and back
 - Left Foot should feel like it's behind the thrower
 - Head Back with eyes slightly above the horizon (Focal Point)
 - Heel To Heel Relationship
- Arms as long as possible
 - Some Athletes Begin to Bend Block Arm to Increase Rotation

The Block

- Throw Hand/Elbow Behind you
 - Stop Hand in Direction of Throw

- Stop Leftside Rotation
 - Hold Left Foot, Shoulder and Hip
 - Create Axis of Rotation for Right Side

- Firm Left Leg
 - Does not need to be Locked
 - Can not Bend, Rotate or Move Forward



The Delivery

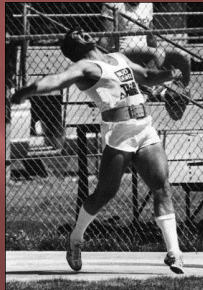
- Right Leg Turns, Knee Drops
 - Think Javelin, Soft Right Leg
 - Hips Remain Flat and Linear

- Upper Body Tall then Drives Forward as Implement Passes Hip
 - Right Side Passes Left Side
 - Left side does not move backwards!

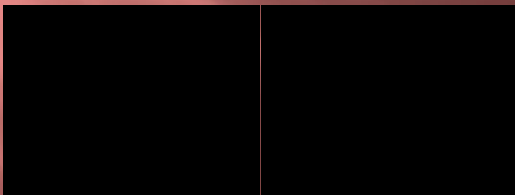
- Reach Out with the Right Hand
 - Maximize the Orbit

- Right Shoulder Slightly Below Left at Delivery
 - Must Remain on top of Hips

- Head Back and Eyes up at Release
 - Shoulder Drives in Front of/Under Chin
 - Release Occurs in Front of Stopped Head
 - See the Release



Examples: Fixed Feet & Reverse



Questions???



Resources/Contact Info

<http://macthrowvideo.com/>

<https://www.youtube.com/channel/UCe3p7zc0wXTIXqcgQECpvA>

<http://globalthrowing.com/>

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