

## DISCUS



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## Good Discus Throwing

- Balance.
  - Bad Start = Bad Finish.
  - Knee inside big toe.
- Rhythm.
  - Relaxed, easy looking throw.
  - slow to fast.
  - Oooooonnnneeee. two-three
- Reaching an effective power position.
  - Discus back, weight on right leg, solid core.
- Proper delivery mechanics.

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## LARS RIDELL



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SUZY POWELL



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MAC WILKINS



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VIRGILIUS ALEKNA



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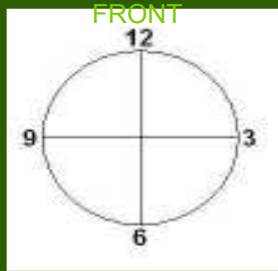
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## DISCUS TEACHING CONCEPTS

- Ring as a clock
  - Foot positions
  - Body positions
  - Focal points



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## Inverted "7" for orientation



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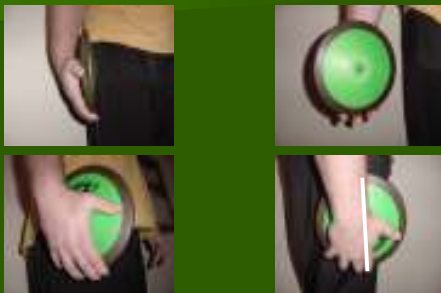
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## The Discus Grip



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## DROP DRILL

DRILLS VIDEO: COURTESY OF DON BABBIT



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## BOWLING



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## VERTICAL TOSS



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## SIDE SWINGS



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## SKIMMING



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## STAND THROW

- *Feet*
  - Placed on Reverse 7
  - Wide base
- *Wind*
  - long wind
  - On ball of right foot
  - Turn so that chest and head are facing 6 o'clock
  - Weight on right leg. Left leg can lift slightly.
  - Notice straight line from Riedel's left heel to his head



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## STAND THROW

- Right Foot Pivot
  - Put out the cigarette
  - Right knee leads throw
  - Lock heel around
  - Kick the can
- Fixed Feet to "Work the Earth"
- End up pigeon toed
- Left arm action, long then short.



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## Delivery the Discus

- *Head back.*
- *Accelerate the right side.*
- *Block with the left side.*
- *Finish Tall*
- *Notice the pigeon toes.*



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## ...HALF TURN

- *Drive the left leg directly into the right*
- *Actively turn on the right foot.*
- *Think "knee to knee" or "squeeze the inner thighs together"*
- *Get the left foot down when the right foot is pointing at 3 o'clock, not before.*



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## PIVOT DRILL



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## PIVOT & THROW



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## SHORT TO LONG SOUTH AFRICAN STEP PROGRESSION



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## WALKING SOUTH AFRICAN



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## BIG STEP SOUTH AFRICAN



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## BIG STEP & THROW



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FULL SOUTH AFRICAN



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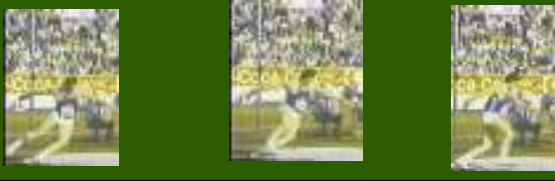
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*Schmitt Pictorial*



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### FALLING OUT OF THE RING

- The thrower falls out of the left side of the ring
  - (CAUSE) Over rotation in the back of the ring causes this problem. Make the left leg stop and then walk.
  - (FIX) Place a weight bench just to the left of the Reverse 7 to immediately correct this problem.
- Diving into the ring/off balance in the center
  - (CAUSE) Ripping the left arm and letting it lead the left leg is the cause.
  - (FIX) Keep the left arm level with the shoulder and practice unit turns to correct this problem.

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### OTHER PROBLEMS

- Power position in back half of the circle
  - (CAUSE) Usually caused by over rotation and a wind that is too fast and out of control
  - (FIX) Practice walking throws
- Short base in the power position
  - (CAUSE) Overstepping the middle of the ring, which is caused by an excessively large jump turn off the back of the ring to the middle
  - (FIX) Walking throws, half turns and working a big circle with the right leg along with doing mirror drills should correct this problem

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## OTHER PROBLEMS

- Spinning on the heels
  - (CAUSE) A large jump turn is usually the cause
  - (FIX) Short to long South Africans and walking turns will cure this problem
- Wind that is out of control
  - (CAUSE) Slow down!
  - (FIX) One wind, keep it level and long with the body tall.

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## ...DISCUS OUT OF SECTOR

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| <ul style="list-style-type: none"><li>■ Problems<ul style="list-style-type: none"><li>- The discus fails to land in the sector</li><li>1. "Blocking" off the right side with the left foot</li><li>2. Soft left side that fails to STOP and BLOCK</li></ul></li></ul> | <ul style="list-style-type: none"><li>■ Corrections<ol style="list-style-type: none"><li>1. Walking turns and throws on the Reverse 7</li><li>2. Throw with fixed feet, widen base and finish pigeon toed</li></ol></li></ul> |
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## RELEASE PROBLEMS

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| <ul style="list-style-type: none"><li>■ PROBLEM<ul style="list-style-type: none"><li>- The discus wobbles<ol style="list-style-type: none"><li>1. Pulling up on the discus during delivery</li><li>2. Incorrect grip</li></ol></li><li>- Spins the wrong way<ol style="list-style-type: none"><li>1. Thrower bends at the elbow and releases pinky last</li></ol></li><li>- Does not fly flat (front lip up)<ol style="list-style-type: none"><li>1. Thumb turned up, or not flat at release</li></ol></li></ul></li></ul> | <ul style="list-style-type: none"><li>■ CORRECTION<ol style="list-style-type: none"><li>1. Make sure grip is correct</li><li>2. Bowling daily, tosses in the air...MAKE IT SPIN!</li><li>3. Avoid Jumping at the end. Keep the knees bent and focus on rotation.</li></ol><br/><ol style="list-style-type: none"><li>1. Keep arm straight and bowl, toss in the air, etc.</li></ol><br/><ol style="list-style-type: none"><li>1. Short tosses focusing on a flat release, level shoulders.</li><li>2. Do not let left side dump, or pull down as this causes the right side to go up</li></ol></li></ul> |
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