

THE DISCUS THROW

Channeling Power Through The Discus

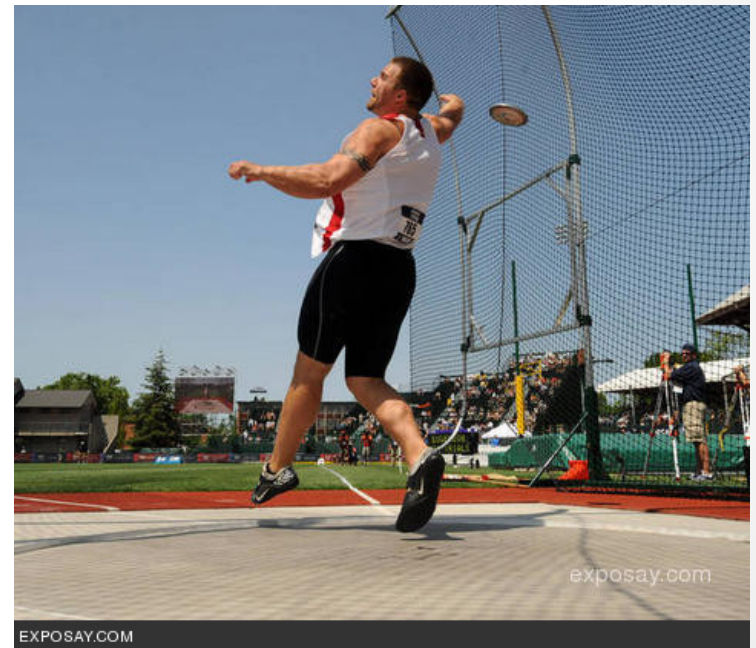


by

Brian Bedard

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

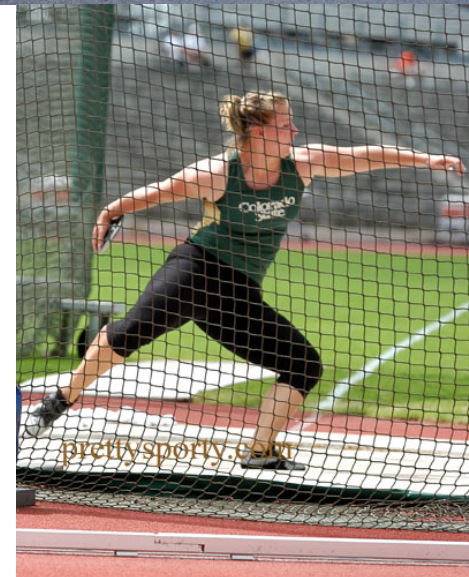
Wind-Preliminary Swing

- 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



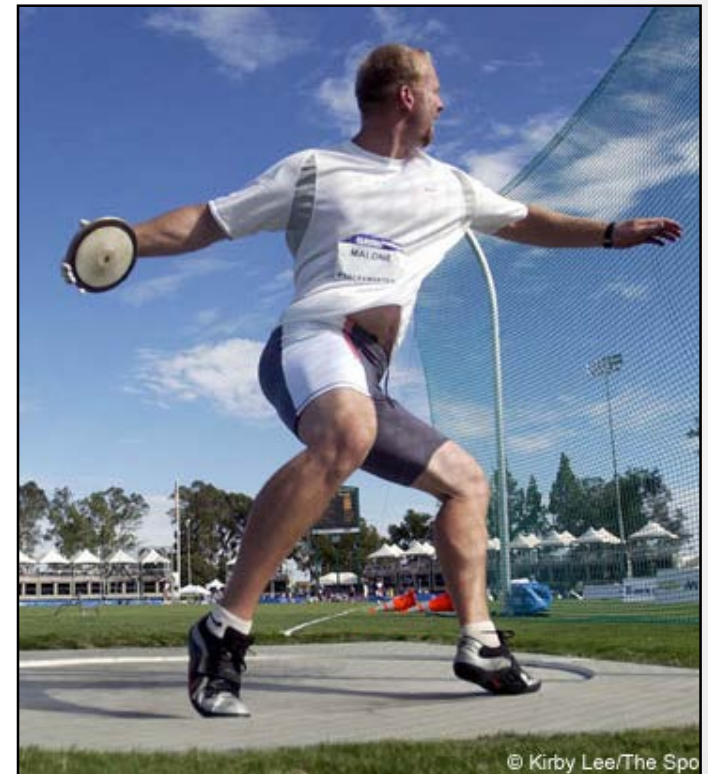
THE ENTRANCE

- 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!



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

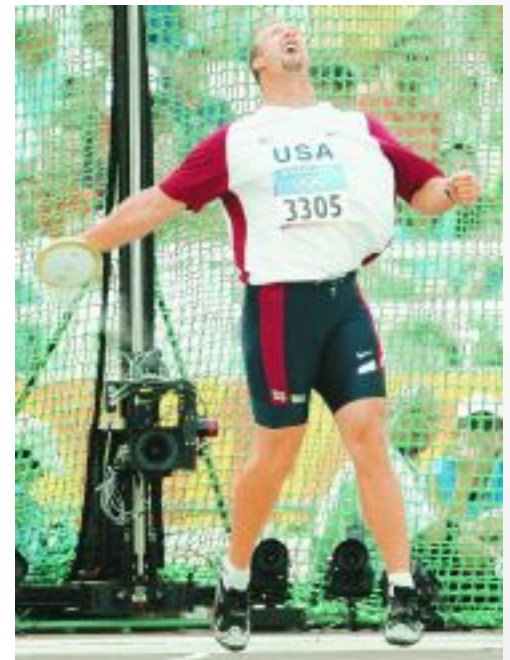
- Get left foot down as soon as possible.
- Upper body inactive until left foot contact!
- Extend working phase
- Left arm and right leg work
- Feel the stretch
- Stay out to the right!



THE FINISH

Blocking Action

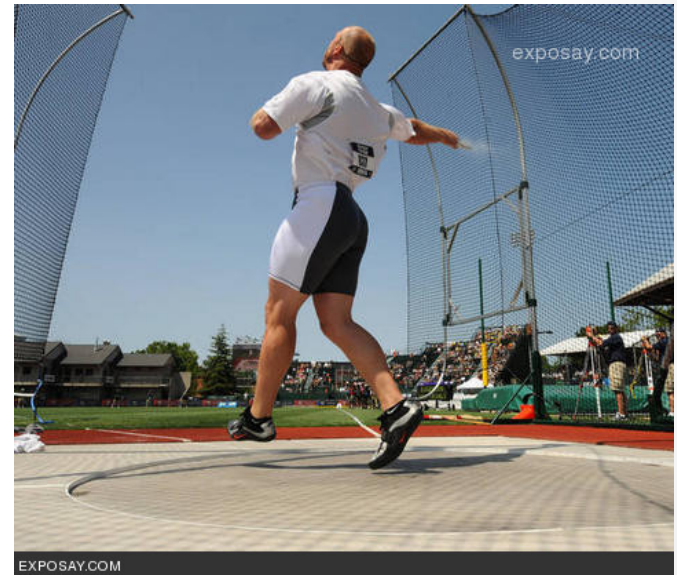
- Left arm moves long through high point – bends and stops at side.
- Left leg straightens.
- Push up through ball of left foot.
- Left drives up, out and sweeps back for reverse.



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?

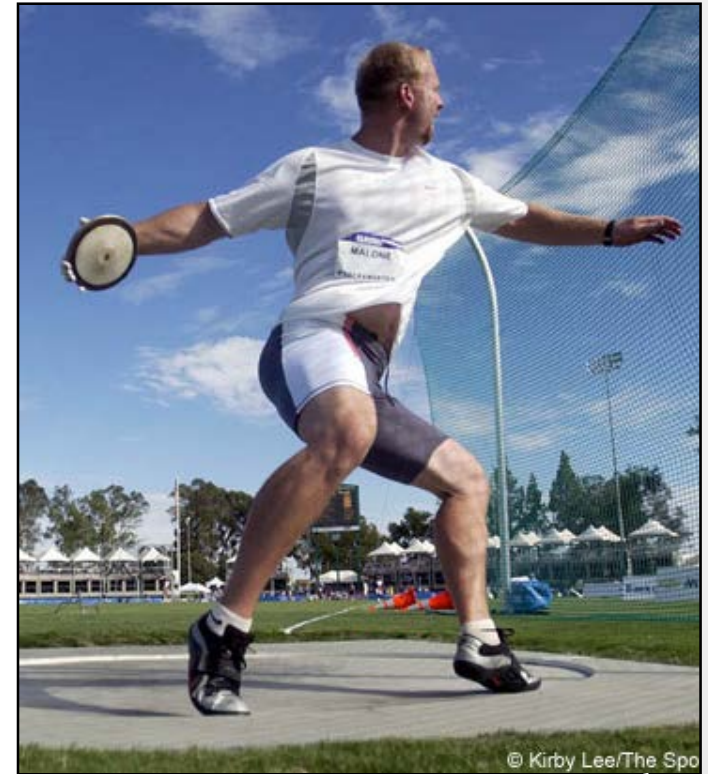
- Flexibility
- Specific Strength
- Very Tall
- Long Levers
- The Non-reverse
- Good technique!
- Working the discus over a longer path
- Drugs??



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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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?

<http://www.youtube.com/user/bdbedard/videos>

brian.bedard@colostate.edu

Championship Books & Videos – DVD – World Class Discus

