

DISCUS THROWING

Teaching Progression

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basic technical model

- Wind
- Single Support-left leg
- No Support
- Single Support-right leg
- Power Position
- Throw

discus non-throwing drills

- winding
- wind and step-out
- wind, step-out, step to the middle
- wind, step-out, step to the middle, turn to power position
- turn to power position

discus drills and throws combo

- wind and step-out, step to the middle, turn to power position, stand throw
- wind, step-out, turn to power position, stand throw
- turn to power position, stand throw
- wind, step out, step to the middle, half turn throw
- wind, step to the middle, half turn throw

discus throwing progression

- bowling
- tosses
- **stand throw**
- **half-turns**
- multiple half turns
- **slow full throw**

influences on discus distance

- Velocity of the discus at release
- Angle of release
- Attitude angle or angle of tilt at the release
- Wind direction and velocity

reverse/no reverse

- **T**here are two types of releases in the discus throw, the non-reverse and the reverse at release. In the non-reverse, the thrower's feet stay fixed on the ground during the release of the throw. With a reverse, the thrower lifts off the ground during the release of the throw and right foot is brought forward to the front of the ring after the discus is released. The reverse of the feet is also called the recovery since the discus thrower recovers their balance after the release of the discus.
- There is disagreement if throwing with fixed feet is better than throwing with a reverse. The longer path of acceleration with fixed feet versus increase in the height of release with the reverse is the biomechanical debate. The coach must find the technique that has consistent high-level results for the discus thrower.

throwing angles and wind

- The discus is an aerodynamic event; wind conditions can affect the flight of the throw. The vertical lift and horizontal drag as well as the type discus thrown are factors in the distance thrown in the discus. To maximize aerodynamic forces, the discus should be released with some upward tilt to the front of the implement. The ideal angle of release for the discus throw is between 32-37 degrees. Facing the throwing sector, a head wind is ideal, also some cross wind from right to left is helpful for quality discus throwers.

discus types

- Ideally, beginners should throw a discus with lower rim weight (70%) like the OTE Low Moment discus because the thrower has a less clockwise spin on the implement. And more advance throwers use a discus with high rim weight, such as a Pacer Carbon (90%) because of the higher rim weight, the discus turns faster and goes further if the thrower can apply the initial spin on the implement.

High School Girls Discus

- **Early Season High School Girls**
- **Strength Method x6 stand throw (1.5 kilo ball) x6 half turns (1.5 kilo ball)**
- **x6 half turns– (1 kilo) x12 full throw – (1 kilo)**
- **x12 full throw – (1.25 kilo ball)**

High School Girls Discus

- **Mid Season High School Girls**
- **Balance Method x6 stand throw each way (1.5 kilo ball)**
- **x6 half turns (1 kilo) x12 full throw – (1 kilo)**
- **X12 stand throw – (3 kilo medicine ball)**

High School Girls Discus

- **Late Season High School Girls**
- **Speed Method x4 stand throw (1 kilo ball) x4 half turns– (1 kilo) x18 full throw – (1 kilo)**
- **X10 stand throw (800 gram ball)**

High School Girls Boys

- **Early Season High School Boys**
- **Strength Method x6 stand throw (2 kilo ball) x6 half turns (2 kilo ball)**
- **x6 half turns– (1.75 kilo) x12 full throw – (1.6 kilo)**
- **x12 full throw – (1.6 kilo ball)**

High School Boys Discus

- **Mid Season High School Boys**
- **Balance Method x6 stand throw each way (2 kilo ball)**
- **x6 half turns (1.75 kilo) x12 full throw – (1.6 kilo)**
- **X12 stand throw – (4 kilo medicine ball)**

High School Boys Discus

- **Late Season High School Boys**
- **Speed Method x4 stand throw (1.6 kilo) x4 half turns– (1.6 kilo) x18 full throw – (1.6 kilo)**
- **X10 stand throw (1 kilo ball)**

Spin Shot

- How to transition a glider
 - Theories (all in or not?)
 - Should good discus throwers should spin?
 - How is the start different?
 - How is the right foot different?

 - Questions?