



DISCUS

ESSENTIALS



THANK YOU

- MTCCCA & Coach Rathke
- My Coaches
- My Coaching Peers
- My / Our Athletes
- My Wife and Family



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[TBTF - YouTUBE](#)

[throwBIGthrowFAR PodCAST](#)

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Madison Memorial HS

- 3 State Champions
- 2 State Runner-Ups
- 29 State Qualifiers
- 19 Conference Champions
- 56 Madison City Champions

Madison Throws Club

- 53 WIAA State Champions
 - 39 WIAA State Runner-ups
 - 5 WIAA Podium Sweeps
 - 336 WIAA State Qualifiers
-
- 11 NCAA Champions
 - 4 NCAA Runner-ups



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THROWER X



throwBIGthrowFAR PODCAST



DISCUS

ESSENTIALS

GRIP and RELEASE



DISCUS GRIP and RELEASE

GRIP Main Points

Split discus in half with index finger

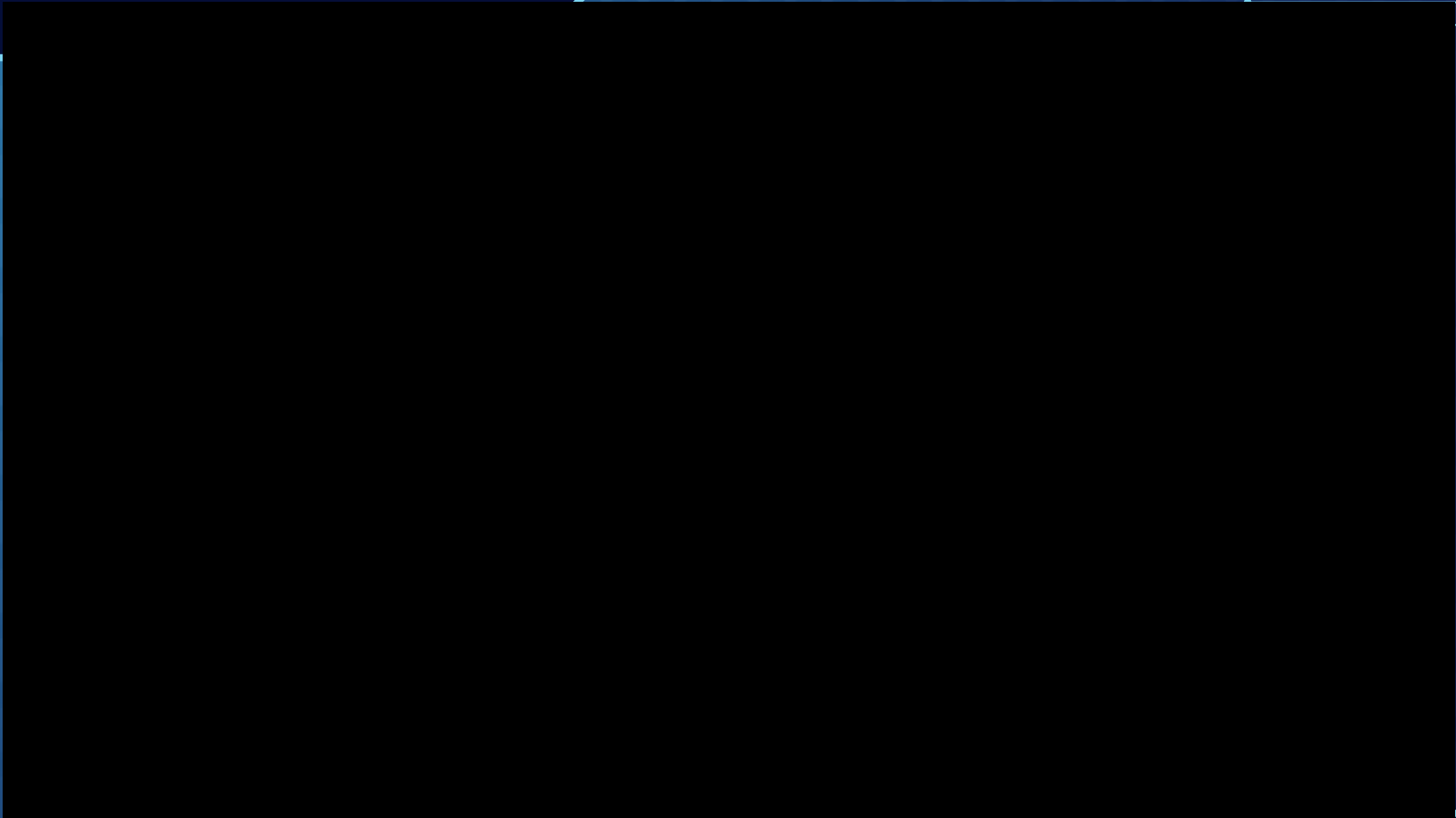
Last finger joint over edge of disc

Relaxed wrist

2 fingers together or spread optional
based on feel

Hand on top of discus throughout throw





DISCUS GRIP and RELEASE

RELEASE Main Points

Establish trust by simple pendulum swings
simple torso rotation

Disc leaves front of hand off index

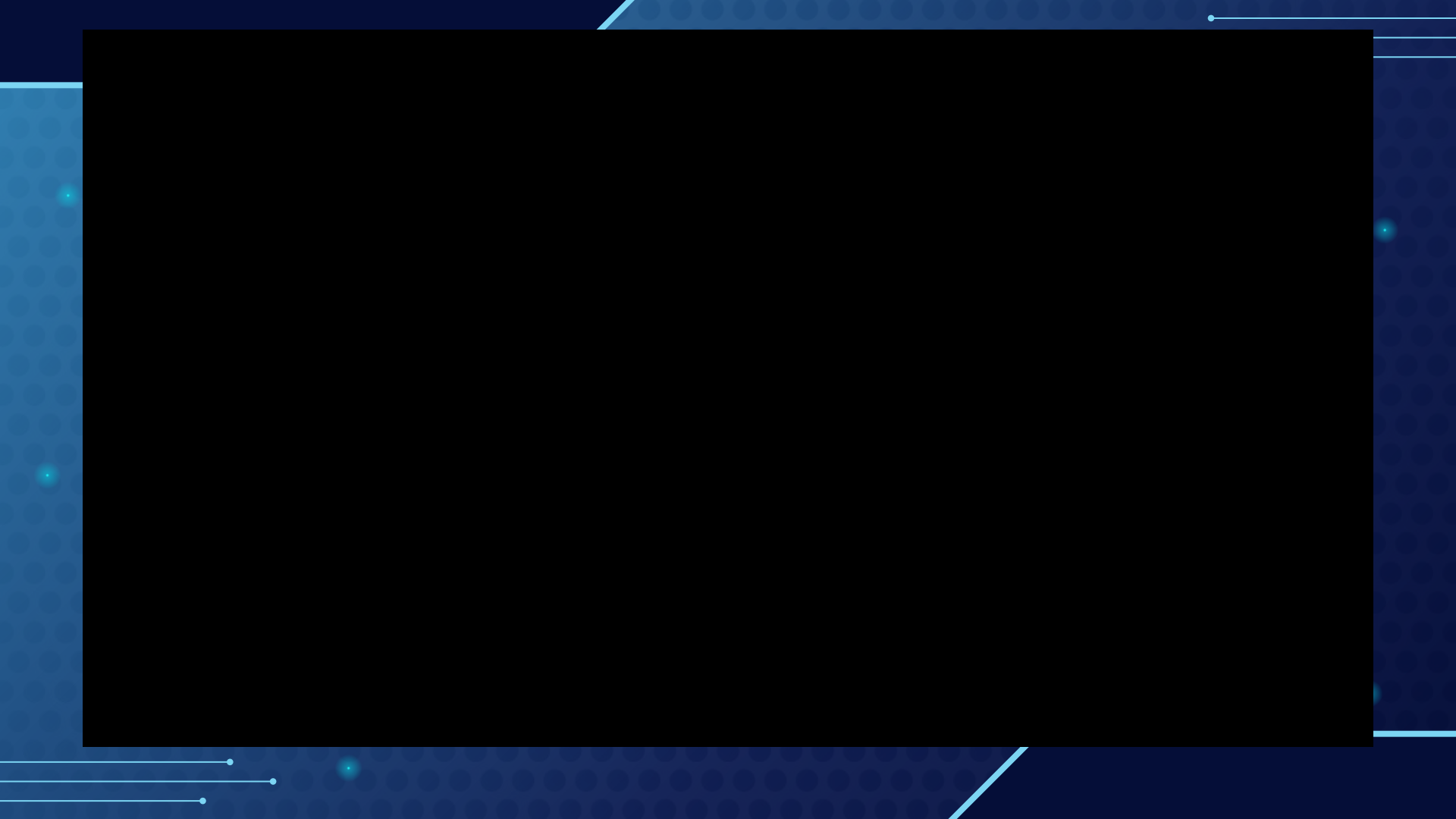
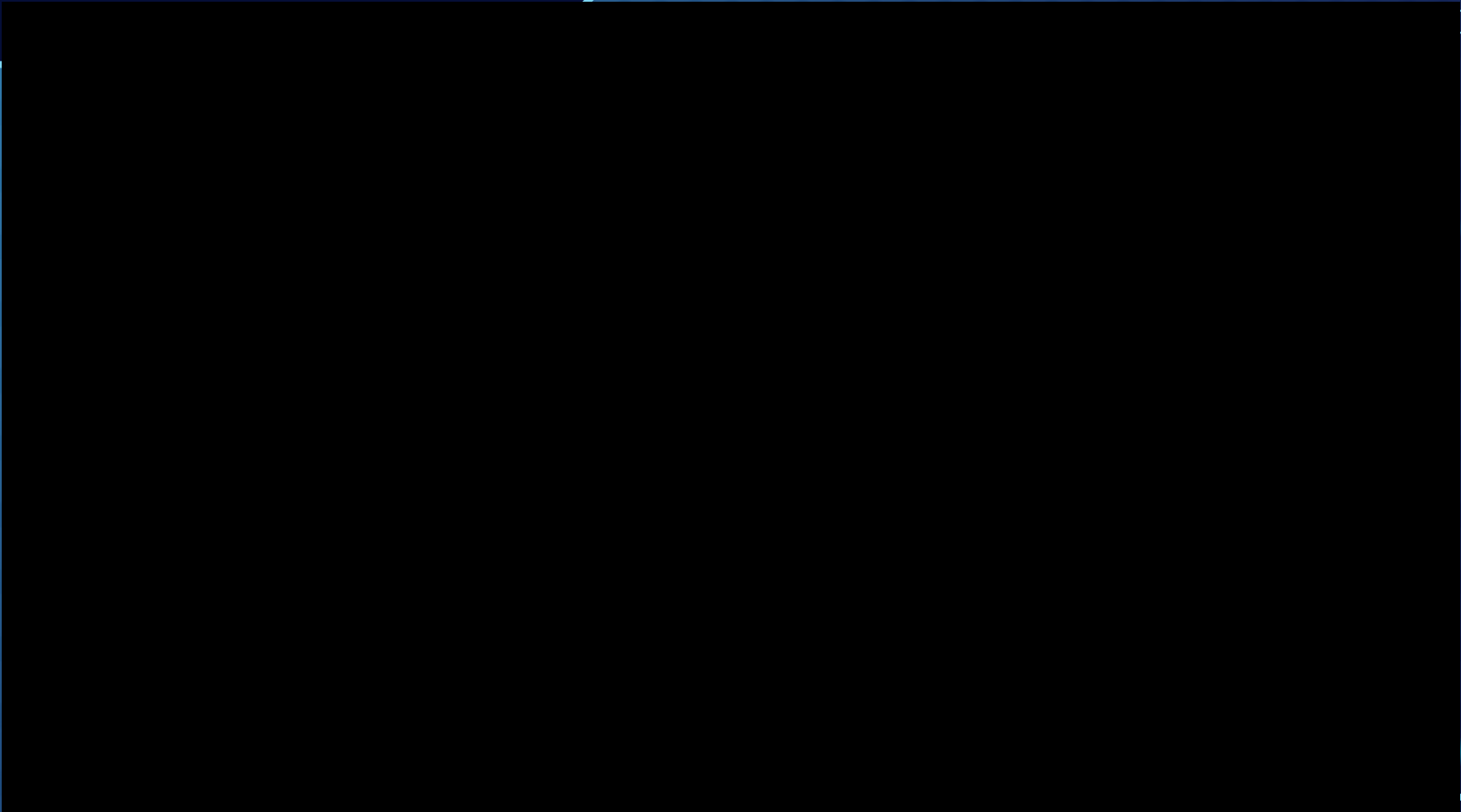
Right handed discs ROTATE clockwise

Stay Long- don't bend elbow/ wrist

Squeeze the toothpaste













DISCUS

ESSENTIALS

POWER POSITION & STAND THROW





DEVELOP THROWING HABITS IN THIS ORDER:

1. POSITIONS



2. MOVEMENT



3. SPEED



DISCUS THROWING PROGRESSION

POWER POSITION & STAND THROWS

WHEEL (HALF-TURN)

STEP-IN

SPRINT IN (SOUTH AFRICAN)

FULL THROWS

NON-REVERSE

REVERSE



POWER POSITION & STAND THROW

Feet in a HEEL –TOE relationship pointing @ 4 o'clock

Weight over bent knee & ball of foot of power leg

Shoulders and head square to back of circle/ 6 o'clock

Discus back and higher than shoulder

Block arm long, never bent, opposite discus



POSITIONS





POSITIONS

DISCUS Standing Throw MOVEMENT

Reinforce the hand placement and grip
Establish a trust of the discus winding through
the proper orbit for the stand throw.





DISCUS

Standing Throw MOVEMENT

Focus on turning the foot, knee, hip
Use standing throws for technique
Be Patient with the head
Be Patient with the discus
Discus on long path





DISCUS

Standing Throw Tips

Start with easy STAND THROWS FROM POWER POSITION
before trying to throw FAR!

Wait to introduce the reverse to new throwers

Advanced throwers should start the training season with
Non-Reverse throws





DISCUS

Standing Throw Tips

HIPS FIRST - DISC LAST
DISCUS ON LONG PATH
ORBIT - LOW POINT - HIGH POINT
HEAD CONTROL - NEUTRAL
RIGHT FOOT TURN
BLOCK/POST EXTENSION
REACH TO RELEASE







SPEED



DISCUS

ESSENTIALS

WHEEL THROW (HALF TURN)



DISCUS THROWING PROGRESSION

POWER POSITION & STAND THROWS

WHEEL (HALF-TURN)

STEP-IN

SPRINT IN (SOUTH AFRICAN)

FULL THROWS

NON-REVERSE

REVERSE



WHEEL THROW (Half-turn)

Right toe in middle of ring - facing throw

Left leg behind right leg facing throw

Weight over bent power leg knee stacked over toe

Block arm long, never bent, opposite discus back



POSITIONS



DISCUS

Wheel Throw MOVEMENT

Left Leg pushes to front while right knee turns to throw
Discus stays back behind right hip throughout movement
Thrower must not lead with head, shoulders or discus
Power Position / Stand throw can not begin until Left Foot
Touchdown (LFTD)
Long path of discus - High point as it passes 12 o'clock



MOVEMENT





MOVEMENT

DISCUS

Wheel Throw MOVEMENT

Focus on turning the foot, knee, hip
Use wheel throws to teach upper body patience
Discus orbit high point - low point
Discus on long path



DISCUS Wheel Throw Tips

Start with easy wheel turns before releases.

Repeat wheels

3 Wheel - Throw

This will be difficult for new throwers - work this in slowly

Advanced throwers need to be reminded that this

progression is about hip turn, path of discus and
patience





MOVEMENT



MOVEMENT



MOVEMENT

DISCUS

Wheel Throw Tips

HIPS FIRST - DISC LAST
DISCUS ON LONG PATH
ORBIT - LOW POINT - HIGH POINT
HEAD CONTROL - NEUTRAL
RIGHT FOOT TURN
THROW CAN NOT BEGIN UNTIL LFTD
BLOCK/POST EXTENSION
REACH TO RELEASE





DISCUS

ESSENTIALS

STEP IN (SOUTH AFRICAN)



DISCUS THROWING PROGRESSION

POWER POSITION & STAND THROWS

WHEEL (HALF-TURN)

STEP-IN

SPRINT IN (SOUTH AFRICAN)

FULL THROWS

NON-REVERSE

REVERSE



STEP IN - SOUTH AFRICAN

90 degree turn from Full Throw Start

Left toe pointed at target

Weight loaded on ball of left foot

Left Arm pointed at target

Discus back



POSITIONS



DISCUS

Step In - South MOVEMENT

Right Leg finishes sweep before...

Left Leg pushes to front while right knee turns to throw

Hips turn before RFTD

Discus stays back behind right hip throughout movement

Power Position / Stand throw can not begin until Left Foot

Touchdown (LFTD)

Long path of discus - High Point at RFTD - Orbit



MOVEMENT





DISCUS

Step In / South MOVEMENT

Focus on turning the foot, knee, hip while in non support

Focus on hip and discus separation

Rhythm

LINEAR path of left foot - squeeze knees - X with calves

Discus on long path (big circle)





MOVEMENT



DISCUS

South African Throw Tips

Rhythm

Linear Path of left sprint

I typically don't use this drill a lot for discus.
Hard drill/progression to teach correctly
Transfer questionable unless done correctly





DISCUS

ESSENTIALS

FULL THROW



DISCUS THROWING PROGRESSION

POWER POSITION & STAND THROWS

WHEEL (HALF-TURN)

STEP-IN

SPRINT IN (SOUTH AFRICAN)

FULL THROWS

NON-REVERSE

REVERSE



Full Throws

Start feet square to back of ring

Keep weight shifted toward left

Wind discus back - separation possible varies



POSITIONS



DISCUS

Full Throw MOVEMENT

Wind

Left toe opens / pre turns

Right foot and hip push out

Left side stack

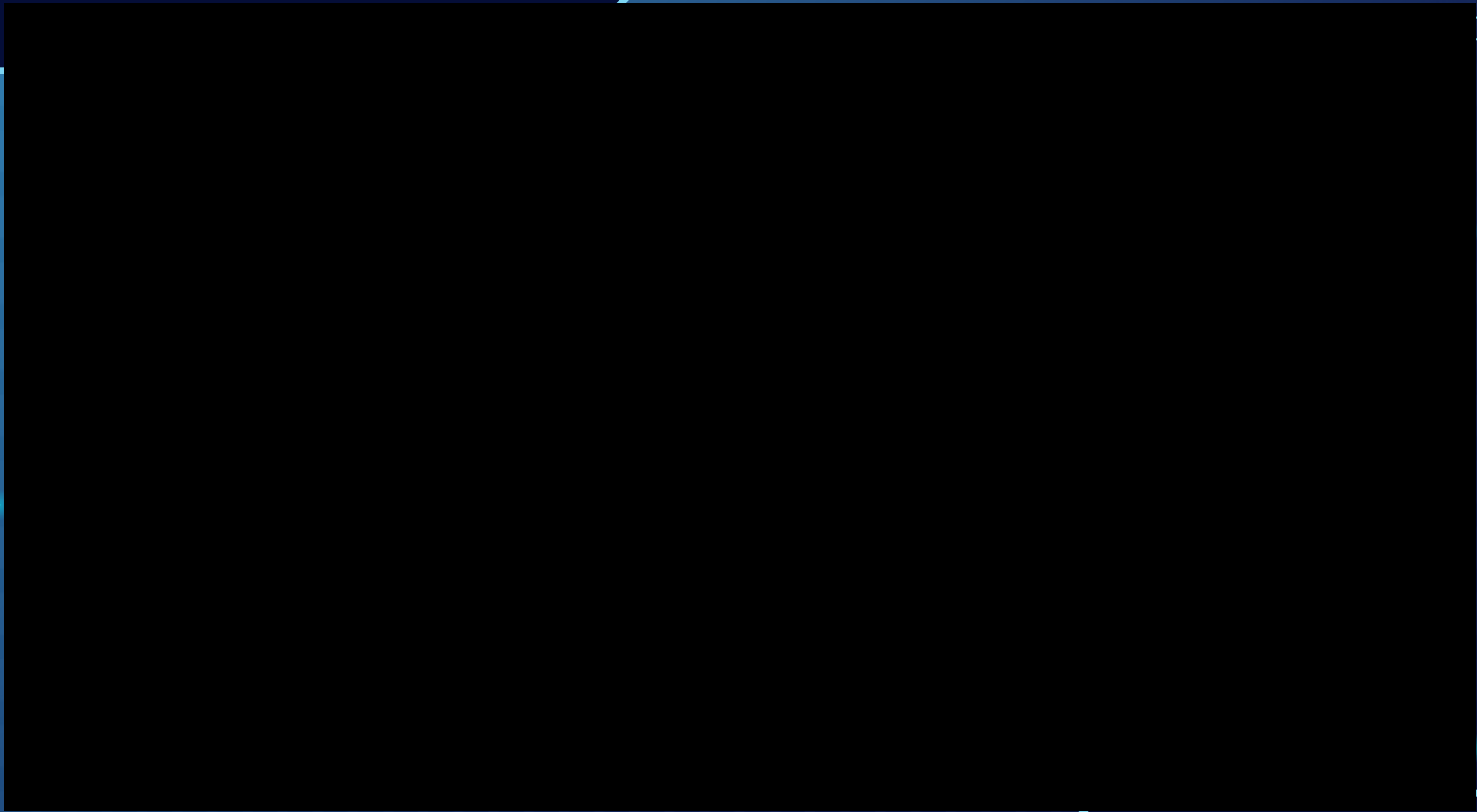
Right leg sweep Width can vary

Left toe stops turning at target while right leg sweep passes



MOVEMENT





DISCUS

Full Throw MOVEMENT

Wind for separation

Left side stack as right leg sweeps

Hips turn in non-support

Left Leg Sprint short path to front

High point discus at RFTD

Head and shoulder patient through LFTD

Discus on long path - orbit

Right hip, knee, foot initiate delivery

Left side block/ post

Stretch at release





MOVEMENT



SPEED



DISCUS

ESSENTIALS

DISCUS vs. ROTATIONAL SHOT PUT



DISCUS - ROTATIONAL SHOT DIFFERENCES

DISCUS

- Discus away from axis
- Separation shoulders to hip
- Hip angles flatter on entry
- Longer sprint
- Time to pull discus to delivery

SHOT

- Shot on rotational axis
- Neck placement - elbow locked back
- Right hip & shoulder exaggerated RFTD
- Shorter spring
- Impulse to attack finish instant at LFTD





DISCUS

ESSENTIALS

DISCUS STYLES





DISCUS

ESSENTIALS

FIRST 5+ DAYS of TRAINING



DISCUS

Early Season Training Plan

Coaching Tips

- Start by teaching the positions and movement
- Add in throwing and continue to mix in movement drills
- No reverse throws

Keep it Simple



DISCUS Session 1

PVC TRIPLE EXTENSION PROGRESSION

PVC Triple Extension x10

PVC Triple Extension - Press x10

PVC Power Position - Pivot - Extend - Press x10

PVC Power Position - Press x10

Discus Grip and Release

Toss to self

Bowling

Walking Releases

Power Position Winds

Power Position Stand Throws

Non Reverse Easy throws x10-20



DISCUS Session 2

PVC TRIPLE EXTENSION PROGRESSION

PVC Triple Extension x10 (review)

PVC Power Position - Press x10 (review)

PVC Wheel Turns x10

PVC Wheel - Power Pivot - Extend - Press x10

PVC Wheel - Power Press x10

Power Position Stand Throws

Non Reverse Easy throws x10-20

Wheel Throws

Dry Wheel throw movements x 10

Easy Wheel Throws x10



DISCUS Session 3

PVC TRIPLE EXTENSION PROGRESSION

PVC Power Position -Press x10 (review)

PVC Wheel Turns x10 (review)

PVC Wheel - Power Pivot - Extend - Press x10 (review)

PVC Wheel - Power Press x10 (review)

PVC 90s x12

PVC 180s x6

PVC 360s x6

PVC Step ins x10

Power Position Stand Throws

Non Reverse Easy throws x8

Wheel Throws

Dry Wheel throw movements x 8

Easy Wheel Throws x8

Step-Ins Throws

Dry Step-In throw movements x 10

Step-in throws x 10



DISCUS Session 4

PVC TRIPLE EXTENSION PROGRESSION

PVC Power Position - Press x6 (review)
PVC Wheel - Power Press x10 (review)

PVC 90s x12 (review)
PVC 180s x6 (review)
PVC 360s x6 (review)
PVC Step ins x6 (review)

PVC Sweep push to RFTD x6
PVC Sweep push to Power Position x6
PVC Full - Non Reverse - Press x 10

Power Position Stand Throws

Non Reverse Easy throws x4

Wheel Throws

Easy Wheel Throws x4

South Africans

South African throws x4

Full Throw

Dry Full throw stop at power x4
Dry Full throw Power - Initiate right foot x4
Full Non Reverse Throws x10

DISCUS Session 5

Dry Movements

Stand Throws x10

Wheel Throws x10

Step-In Throws x5

South African Throws x5

Sweep push to Power x5

Full to Power - Initiate Right Foot x5

Full throws x 10

Power Position Stand Throws

Non Reverse Easy throws x6-10

Wheel Throws

Easy Wheel Throws x6-10

Full Throw

Full Non Reverse Throws x10-20

DISCUS Session 5+

Advancing Practice after the 5th Session

Use drills in every session that relate to technical needs of the athlete

1+1, 1+2, 1+3

Use non reverse and reverse throws

Throw Cones, Bowling Pins, to de-emphasize distance and focus on feel in ring

Typical Training Session

x10-20 drills

x6-10 stand / wheel throws

x16-20 full throws

x10-20 specific training exercises for technique, speed, and/or strength

