

Teaching the Discus

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Rhythm of the Discus Throw:

- Control
- Balance
- Stability

In the discus throw the body has to:

- Produce Force
- Reduce Force
- Stabilize Force

Force must be produced at the right time in the right direction in the right amount.

In the discus throw the body must be:

- under control out of the back
 - on balance in the center
 - have stability at the front

BRACING LEG: Stability at the Front



Bracing Leg

Left heel flat-stable



BALANCE:

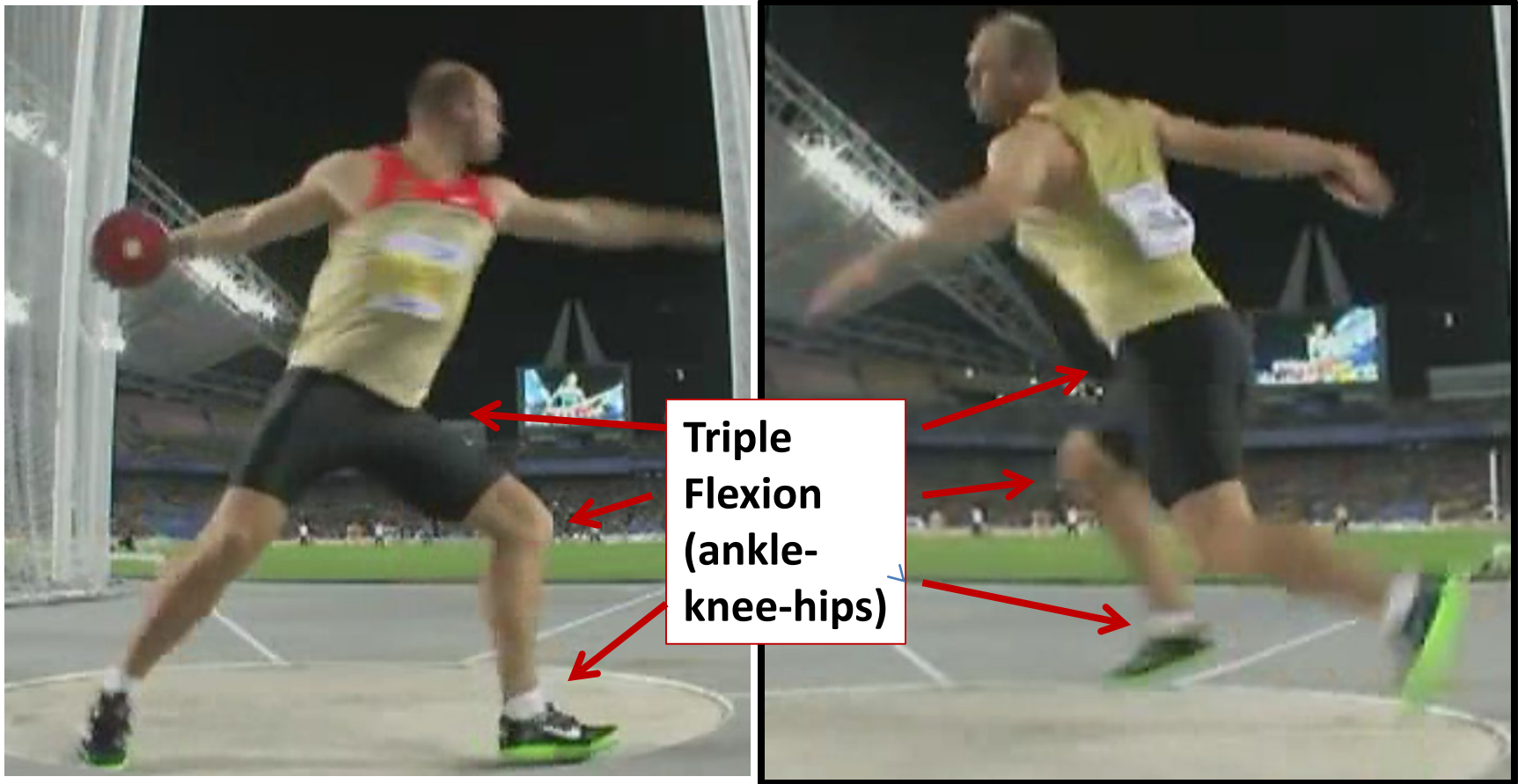
A direct relationship with rhythm.

Thrower must have balance for good rhythm.

Triple Flexion (ankle-knee-hip) with stiffness:

- is extremely important to control and position the center of mass.
- is extremely important to obtain optimum balance and rhythm to produce, reduce and stabilize forces.

Triple Flexion - Discus



DISCUS THROW



WHOLE MOVEMENTS

- Body and Implement as ONE (not separate or one or other)
- Whole movements NOT just the movements of the body parts.
- **BIG GENERAL CUES!** (not Isolation or segmentations)

Limb Movement*

- “The feet don’t work independent of the rest of the body!”
- “There is no question that the feet are extremely important in sport because it is the feet that are in contact with the ground in movement. All movement is initiated off the ground. Ultimately it is the feet that must absorb shock on ground contact and then use those forces to propel the body or the ball in the desired direction.”
- “The feet need to have help! They get their help farther up the kinetic chain in the hips.”
- “Control of and positioning the center of gravity is the major objective of proper footwork. This consists of keeping the hips over the base of support if stability is desired or shifting the C of G outside the base of support to initiate movement and change direction.”

* See Vern Gambetta article on Footwork at <http://www.gambetta.com/blog.html> on 12/8/11

BIG GENERAL CUES!

- LONG AND LEVEL
 - BIG CIRCLE – BIG RADIUS
 - HIPS UNDER SHOULDERS
 - SHOULDERS ON TOP OF HIPS
- WHOLE RIGHT SIDE MOVES AS A UNIT
- WHOLE LEFT SIDE MOVES AS A UNIT

Body will correct itself!

Harding



Perkovic 71.08m



DISCUS THROW



Comparison: Elite vs. High School



Comparison: Elite vs. High School



Comparison: Elite vs. High School



HIGH SCHOOL THROWER

44m



STAND



STAND



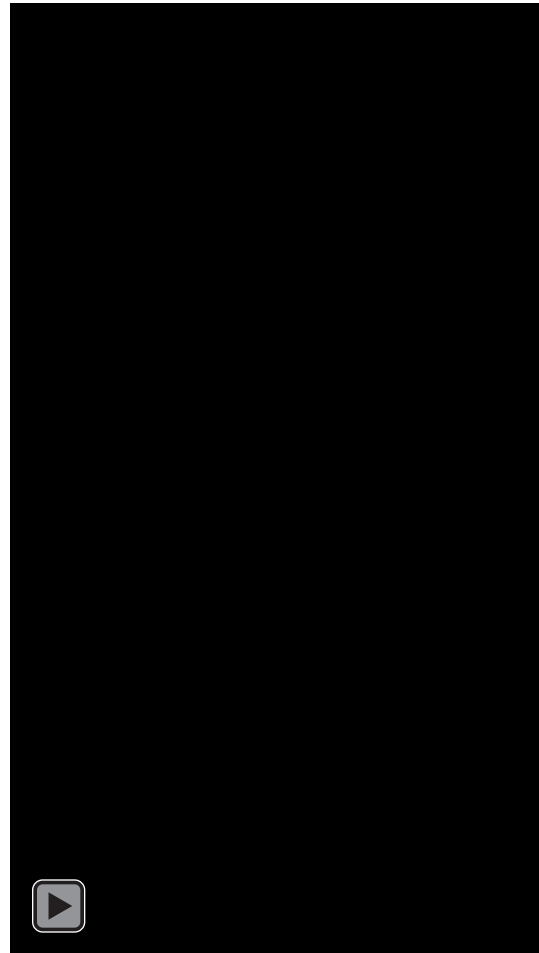
TURN AND THROW



GAINT STEP-TURN AND THROW



WALK FULL THROW



¼ TURN SOUTH AFRICAN



TURN-TURN-THROW



Perkovic Wt Throw



Perkovic 2K Ball Th



Other Implements



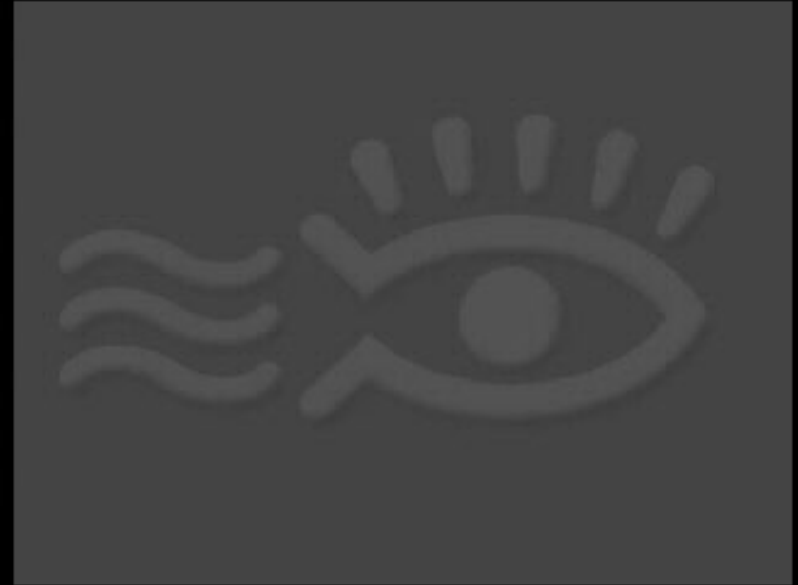
STAND W/ OTHER IMPLEMENTS



FULL W/ OTHER IMPLEMENTS



T.-T.-T.-THROW W/ OTHER IMPLEMENTS



T.-T.-T.-THROW W/ OTHER IMPLEMENTS



Acknowledgements:

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