



## BASIC DISCUS

MITCH CROUSER

### **GRIP & RELEASE**

- ▶ Spread or Two Fingers Together Grip
- ▶ Thumb Down
- ▶ Discus Comes off Index Finger Rotating Clockwise
  
- ▶ Drills for Release
  - Bowling the Discus
  - Throwing for Height

### **STANDING THROW** 80 - 90% of Distance of the Throw

- ▶ Feet slightly wider than shoulder width apart
- ▶ Right heel/Left toe alignment
- ▶ Keep heels off the ground
- ▶ Weight back over right leg - chest, right knee, right toe alignment
- ▶ Right arm 90 degrees to body
- ▶ Keep arms long - maximum radius
- ▶ "Long Sling" - right foot, knee, hip, shoulder arm sequence
- ▶ "Inverted C"
- ▶ Left side blocks
  
- ▶ Drills for Standing Throws
  - Swing Drill-develops right/left rhythm and orbit
  - Throw Cones

***MASTER STANDING THROW BEFORE LEARNING SPIN***



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### SPINNING THROW

#### Back of Circle

- ▶ Sets up entire throw - keep it simple
- ▶ Feet straddle center line - wider than shoulder width
- ▶ 1/2 Squat Position
- ▶ Keep weight close to centered
- ▶ Left leg = balance point
- ▶ Move “out and around left leg” - left side moves as a unit-left foot, left knee, left arm
- ▶ Maintain distance between knees - “Bandy Knees”
- ▶ Wide right leg develops power and rhythm
- ▶ Overall movement - slow and controlled out of the back of the circle
  
- ▶ Drills for Moving from Back of Circle
  - Pirouette Drill
  - Traffic Cone Drill - Wide Right Leg

#### Sprint Position

- ▶ Left arm horizontal - keep arms long
- ▶ Head and eyes horizontal
- ▶ Use focal points
- ▶ Right leg drives toward the center of the circle with the inside of the thigh
- ▶ Think Linear
- ▶ Slow to Fast Rhythm

#### Center of Circle - Power Position

- ▶ Right foot lands in center of circle on ball of foot
- ▶ Quick right/left rhythm - “High Wheel” or “Squeeze the Knees”
- ▶ Keep the right foot turning in the center - No hesitation
- ▶ Leave the discus behind - Relaxed right arm



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### DELIVERY

- ▶ Throw with the legs - right foot, knee, hip, shoulder sequence
- ▶ Left side blocks - left arm goes from wide to close

### **DRILLS & TIPS**

- ▶ Pivots
- ▶ 1 – 2 – 3 Position drill
- ▶ South Africans
- ▶ Broomstick Drills
- ▶ Mirror Drills
- ▶ Throw weighted grip balls into wall - specific strength
- ▶ Throw discus into tarp - focuses on technique
- ▶ Spend more time throwing than lifting weights
- ▶ Drill, Drill, Drill - ingrain proper movements
- ▶ Visualization



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**MITCH CROUSER**  
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