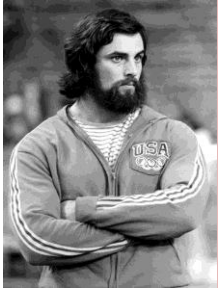




There is *NO* Hit



Five Keys from Data Profile of 65m throwers

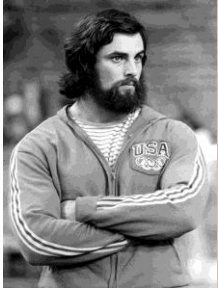
- Slow unwind
- Wide Right leg
- Acceleration of hips in middle
- Separation of hips to shoulder and shoulder to arm
- Effective block from left side

This all adds up to RHYTHM



The Bottom Line

- **Rhythm**
- **Power Position**
- **Fly The Discus**



Extreme Leverage



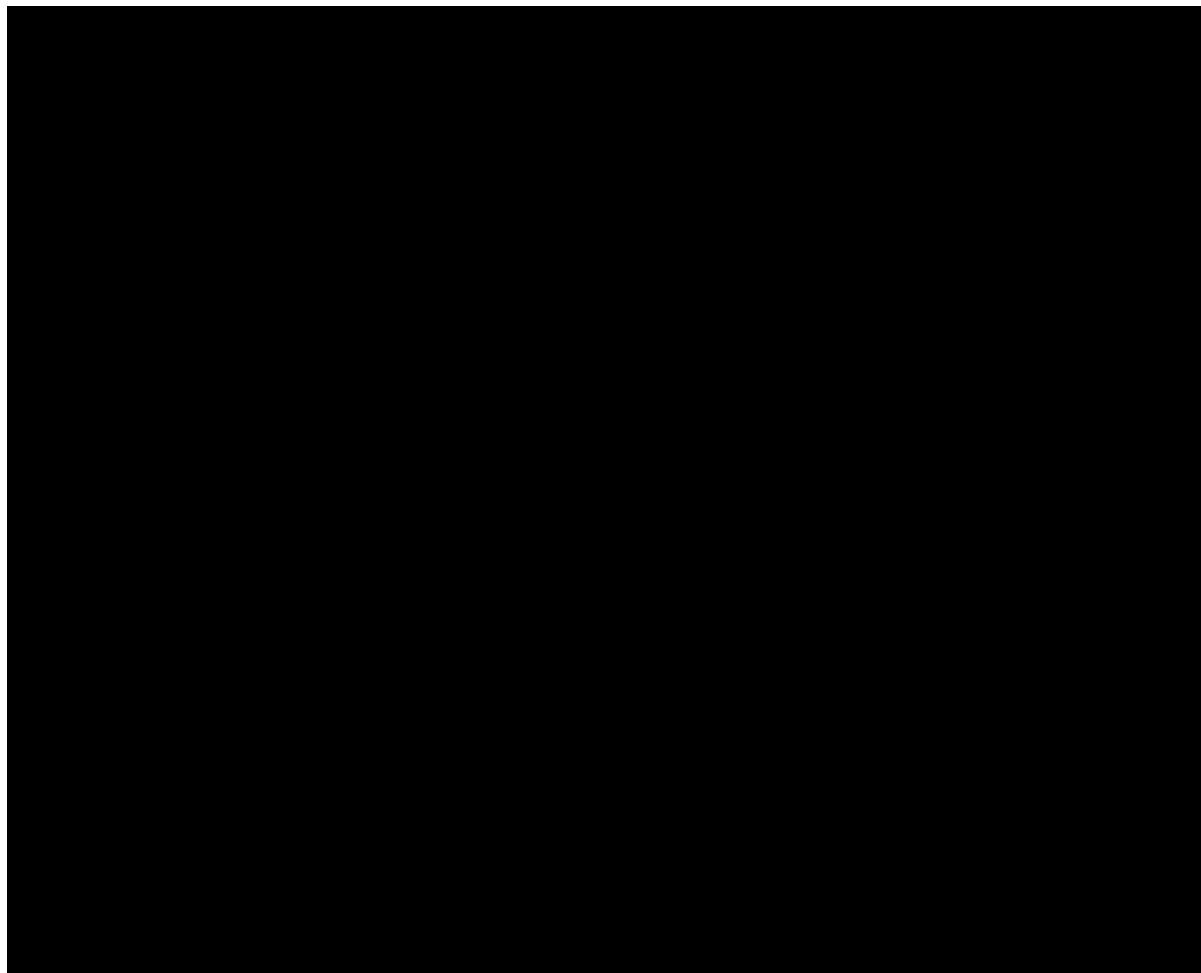


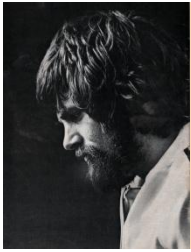
Today's Agenda

- Assumptions
- Wind Up
- Balance
- 9 o'clock Drop
- Hip Hop Path & Rhythm
 - Down-Up & Slow to Fast



My Day Yesterday





Basic Assumptions

- **There is NO hit** Sling it, Whip it
- Longer path & lever is better
- A straight line through the circle goes from left foot at the back, to the middle of the circle and to the left foot at the front.
- **What you do at the back, you must repeat at the front**
- South African drill has limited value
- Wheel drill creates the wrong feelings and concepts
- The center of the merry-go-round turns slower
- So many paradoxical feelings
- **Rhythm Trumps all** - Slow to faster & down up....down out
- “The **hardest thing** about the throw is to **do Nothing.**”



Disclaimer

I Overemphasize improving glaring weaknesses

- Lack of rotation
- Lack of rhythm

Beginners can & SHOULD learn the same correct technique as 70m & 70' throwers



Hip Path & Rhythm

- **Down, Up...Down Out**
- **Hop Turn & Throw**
- **Bo Knows the 9 o'clock Drop**



Intermediate & Advanced

- **Sometimes start with the end in mind**
- **Fly the Super Sailor**

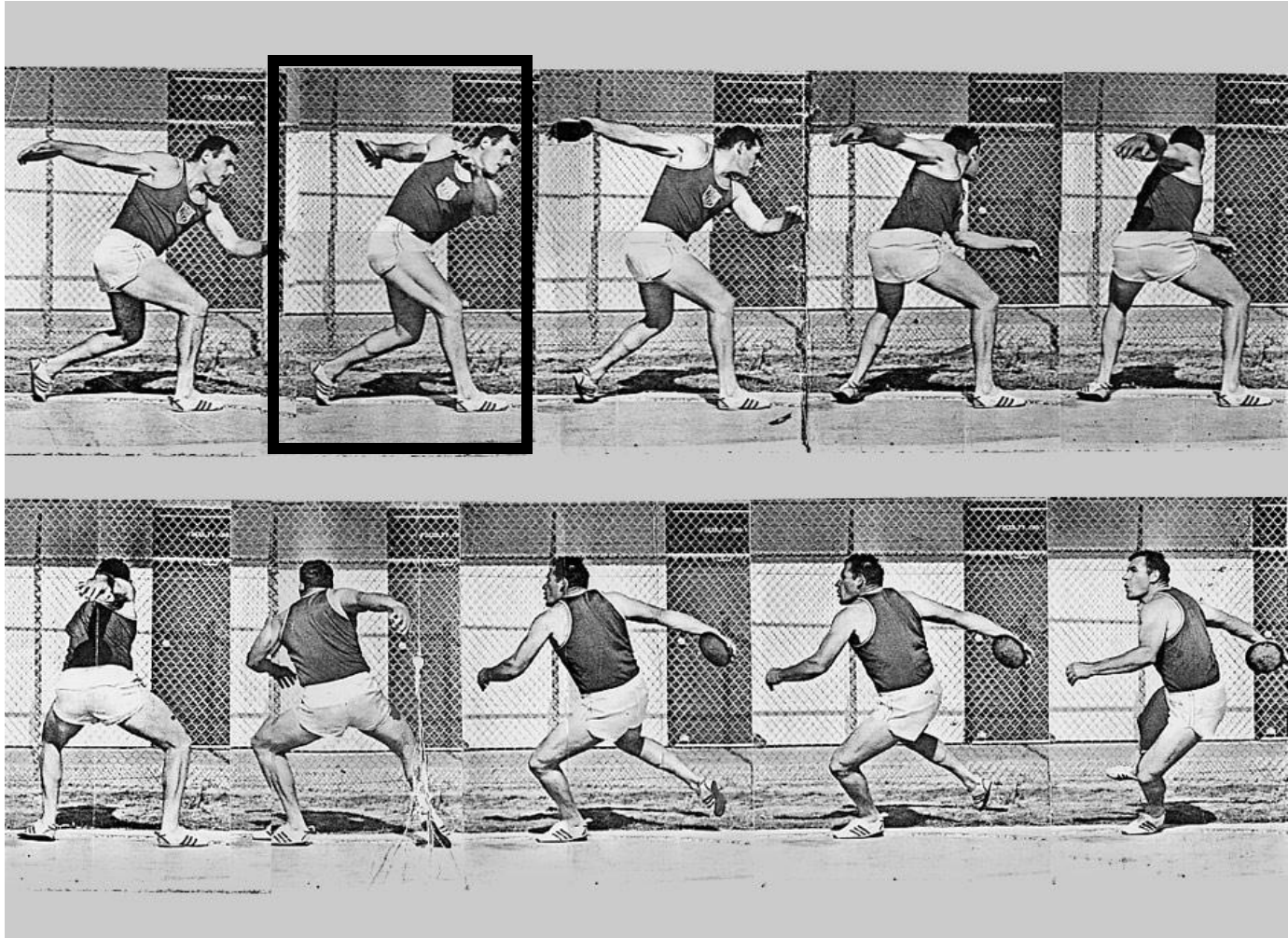


The Bottom Line

- **Rhythm**
- **Power Position**
- **Fly The Discus**

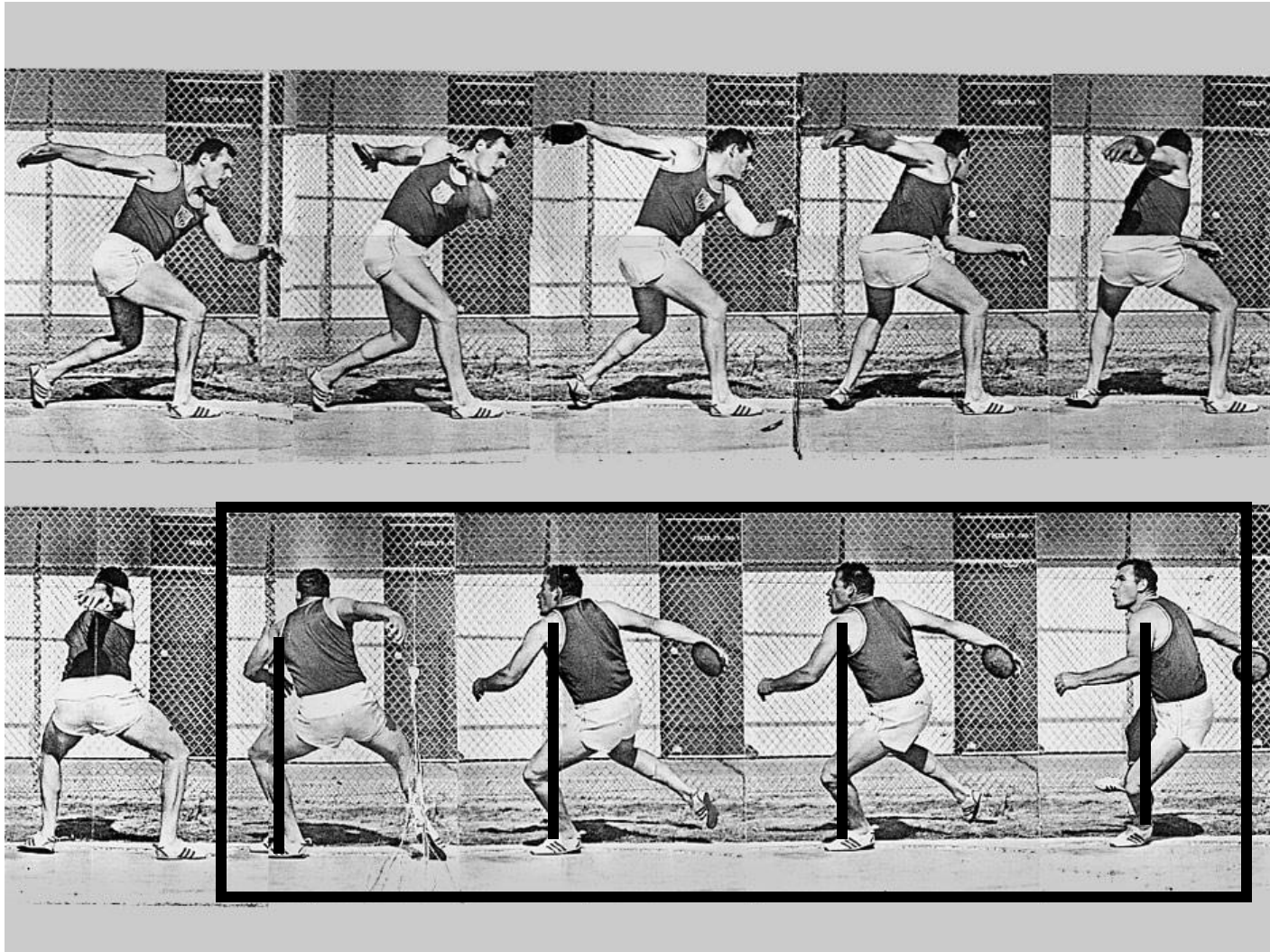


Wind Up



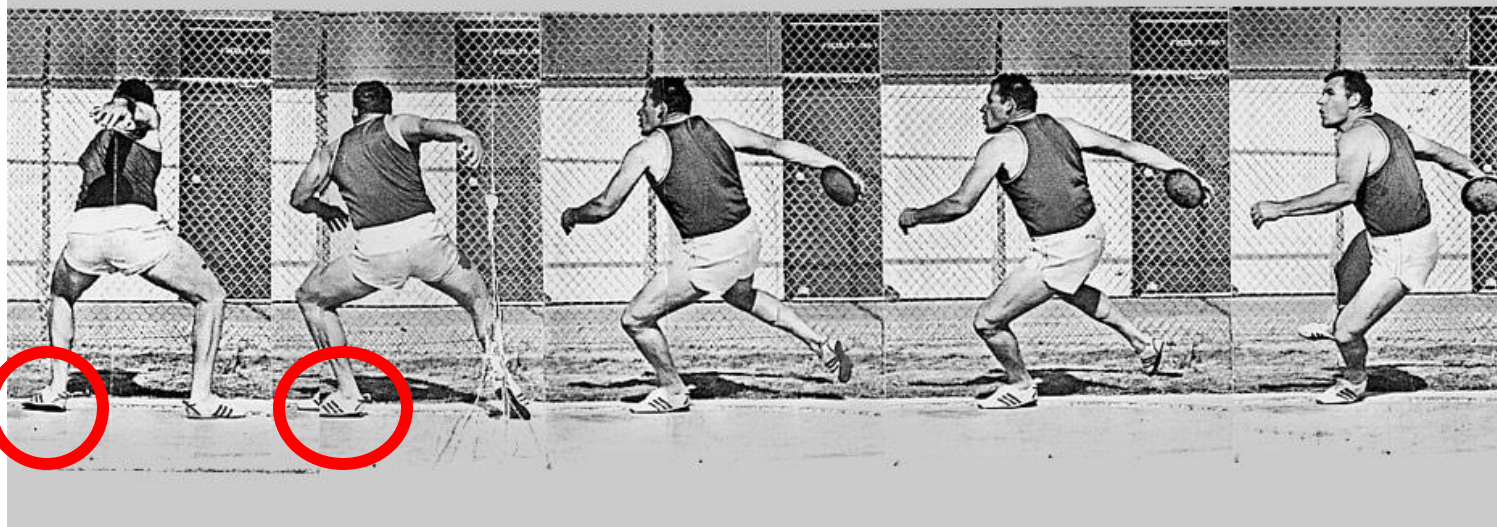
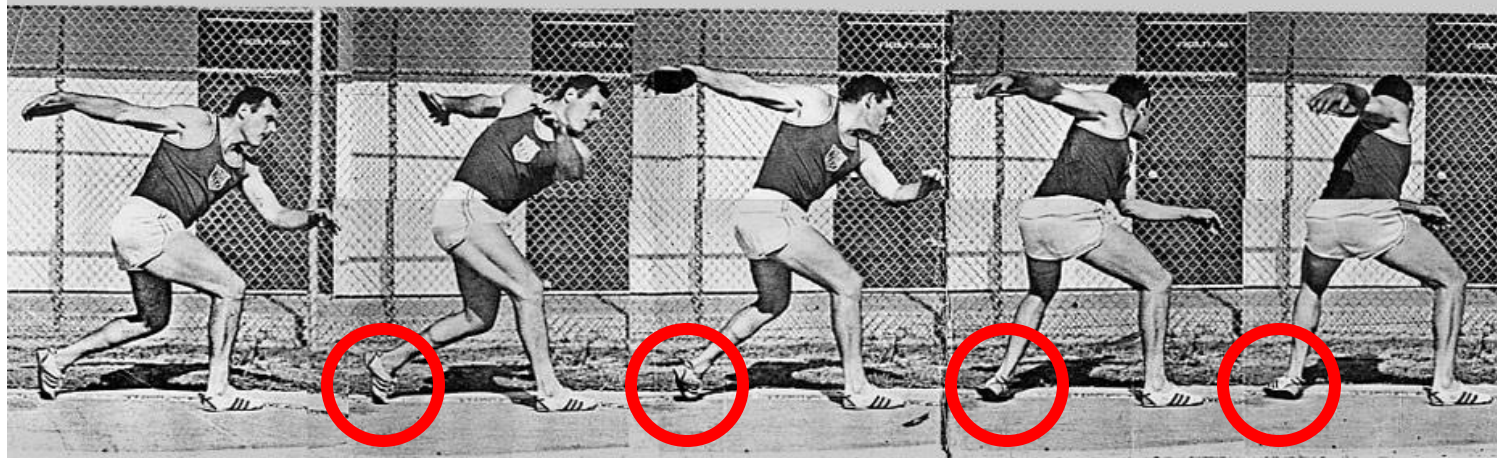


Balance Left to Right





Inside of Left Foot





Balance B2F





High Point of the Orbit



Correct or not, the direction of the High Point determines the direction of the discus.



Delivery Keys



- Right Foot and Knee ahead of Hip.
- Right Hip ahead of Shoulder.
- Unwind from the bottom up



The Bottom Line

- **Rhythm**
- **Power Position**
- **Fly The Discus**



Contact

- mac@macwilkins.com
- www.macwilkins.com
- www.thewilkinsreview.com
- 503.780.7310