

Tim Carlson
Co-Head
Head Throws Coach
Sehome High School

Coaching the Discus

1. **Grip:** Discus held with either fingers evenly spread apart or with the index and middle finger together (talon). Index finger through center of the discus with first joint of fingers curling over the rim. Thumb rests on discus at 45-90 degree angle.
2. **Start Position:** Feet spread slightly wider than shoulder width with weight distributed evenly between both feet.
3. **Wind-up:** (Double Support)
 - **Balance** - Head up, chest up, and spine stacked. Right foot remains flat to prevent over rotation.
 - **Center of Gravity** -Between the legs within frame of the body. Approximately 80% of weight on the left leg. Keep it simple
4. **Entry:** (Single Support)
 - **Shift Left**– Open left foot to 90 degrees with weight remaining on inside of the foot. The c.g shifts over the left foot. Chin, Knee, Toe.
 - **Upper Body**- “Passive” maintain separation between the hand, shoulder, and hip.
 - **Right Foot** - Early push off to start angular force. Knee- up-Toe- up. Keep knees apart.
 - **Left Foot** - Must stop rotating at 2 o'clock.
5. **Drive:** Create linear and Angular force.
 - **Right Leg**– Wide sweeping to create angular force. Right leg leads the throw.
 - **Left Leg**– Provides linear force, and will determine speed across the ring. Start to extend when the right leg intersects the plane of the left shin. Get off the left foot!
 - **Upper Body**– Shoulders level for balance. Stay long to maintain separation.

6. **Non-Support:** Stay passive and relax

- **Upper Body**- Stays relaxed and long to maintain separation.
- **Lower Body**- Hip exchange, squeeze the knees and bend power leg to increase rotational momentum.

7. **Transition:** (Turn, 2nd Single Support)

- **Right Leg**- Must lead body to touch down. Right foot is loaded and begins to turn immediately.
- **Left Leg**- Reaches quickly to position at front.
- **Upper Body**- Stays long, keep discus up and back. Maintain separation.

8. **Delivery:** (2nd Double support)

- **Power Leg**- Foot, Knee, and Hip continues to turn. Hip must stay ahead of the chest, chest ahead of the head
- **Block Leg**- Begins to lift and block.
- **Upper Body**- Left side works with power leg and remains long till it passes through the release point. Simultaneous blocking of the hips and upper body. Pull through release point.

9. **Recovery:**

- **Reverse**- Forward momentum is checked by reversing/exchanging the position of the feet. Block leg is lifted to counter balance.
- **Non-reverse**- Front foot remains planted through release. Finish to opposite hip.