

Teaching Progression for the Discus Throw

Florida High School Coaches Clinic 2019

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- ▶ Canadian (hammer thrower, HS coach, club coach)
- ▶ So. Carolina (grad student)
- ▶ CS Northridge (throws coach)
- ▶ Clemson (women's field)
- ▶ JL Mann HS (last 8 years)
- ▶ USATF Coaches Ed. (49+11)



Grip

- ▶ First joint of the fingers
- ▶ Index finger on center line of the discus
- ▶ Fingers spread slightly or first two together
- ▶ Thumb at 45 degrees (controls the angle of attack)



Release Mechanics (Rotation)

- ▶ Discus spin creates stability
- ▶ Rubber discs don't spin well: only appropriate for absolute beginners (less than 80')
- ▶ Squeeze discus out of hand like a bar of soap
- ▶ Discus leaves hand from index finger
- ▶ Disc cannot fly right if it comes out the back of the hand



Bowling

- ▶ Hold discus vertical
- ▶ Arm straight
- ▶ Step with opposite foot
- ▶ Roll discus on its edge



Teaching the Arm Strike

- ▶ Teach the arm strike with a med ball
- ▶ Lots of throws against the wall
- ▶ Slinging action: starts from behind the body

Standing Throws

- ▶ Heel, toe relationship, shoulder width
- ▶ Weight on the right leg
- ▶ Shoulders closed and Left arm back
- ▶ Focal point behind ring
- ▶ Swing discus back: cannot stop or discus will fall out of hand
- ▶ Left arm action: slap the giant, elbow the midget
- ▶ Left arm and right hip tied together
- ▶ Hip, then arm



Wheel/Multiple Wheels

- ▶ Push and squeeze knees
- ▶ Left shin parallel to the ground
- ▶ Left shoulder stays over the top of the right foot during wheel
- ▶ Right foot must stay on the ball
- ▶ Your right knee will burn: specific conditioning
- ▶ **DON'T USE THE UPPER BODY TO START YOUR TURN**



Wheel and Throw, No Reverse

- ▶ One wheel
- ▶ Move into power position
- ▶ Start standing throw as soon as the left foot grounds
- ▶ Discus orbit



90, 180, 360, 450 Turning Progression

- ▶ Start day 1, train it every day
- ▶ Eyes on the horizon, book on the head
- ▶ Arms at shoulder height
- ▶ Left elbow stays inside of left knee
- ▶ don't use your upper body to turn
- ▶ Keep space between feet
- ▶ Toe up, knee up
- ▶ weight on left leg

A Couple of Drills to Solve Specific Problems

- ▶ Wall Catch: not staying back
- ▶ Unseat Drill: not able to get across the ring
- ▶ Turn Around the Bucket: not getting the right foot off the ground and out away from the left
- ▶ Jump the Stream: stepping into the middle instead of jumping

Full Throw, No Reverse

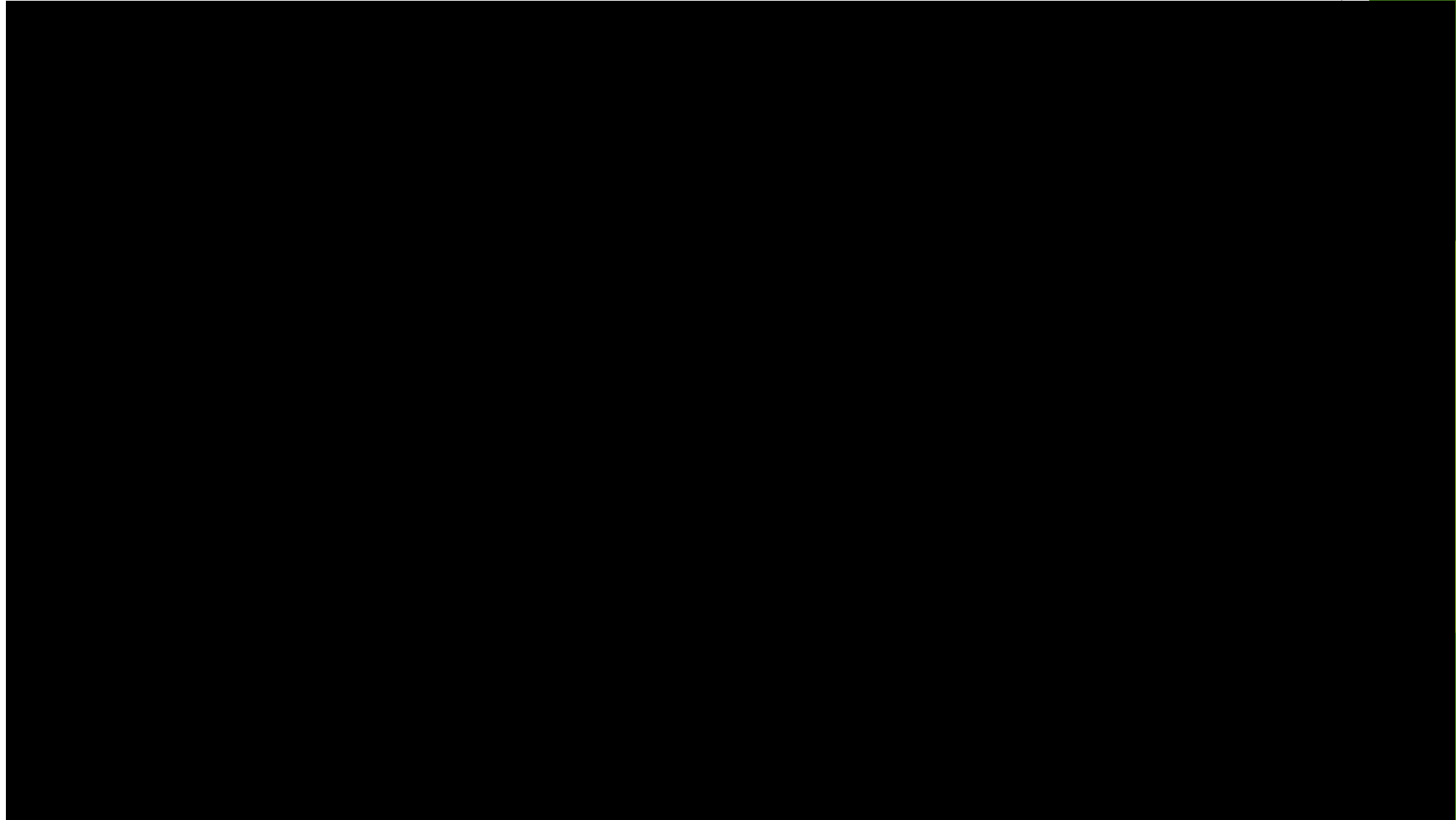
- ▶ Slow to fast: rhythm is the most important feature of good throwing
- ▶ Discus stays back: builds tension in chest and trunk as throw progresses
- ▶ Upper body is relaxed.... Arm is fast and last
- ▶ Being able to throw with a reverse depends on mastering the no reverse throw.
- ▶ Reversing is not appropriate for many athletes.

The Secret is in the Process

- ▶ Find good talent and convince them to commit
- ▶ Work smart and extensively every day
- ▶ Teach and re-teach the basic movements
- ▶ Insist on excellent technique



All the Videos



Questions

- ▶ Presentations will be posted following the clinic
- ▶ If you have comments, questions or concerns, please let me know
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