

THE ART OF DISCUS THROWING

Key Things to Remember:

- Practice correctly- Perfect Practice Makes Perfect
- Stay relaxed for more fluid movement, Feel positions.
- Work the parts by doing your drills-Don't Just Throw!

Start and Wind

- Stay Level
- Head UP
- Leave Discus Back
- Relax
- Hips underneath shoulders
- Hips ahead from the start

Balance

- 180°
- 360° - Stay on inside ball of left foot
- 180° to middle
- Do drills left handed to address bad habits

Middle

- Pivot Drill:
 - Keep the left leg in tight with the right leg
 - Lead with the lower body
- Line Drill to Heel - Toe position
- 180° to middle, pivot to power position

Front

- Heel Toe
- Stay on Right Leg, with heel up turn
- Block
- Stay Back
- Reverse

Put it all together

- Remember your parts

FOLD 2

THE ART OF SHOT PUTTING: THE GLIDE

Start

- Start on a bent right knee
- Unseat Drill -
 - Draw left leg in slowly and bring left toe even with right heel.
 - Keep left arm relaxed
 - Let butt sink to start glide, kick left leg straight back into heel-toe position

Power Position

- Heel-toe power position
- Shoulders back
- Left arm out to the side and relaxed

The Throw

- This all happens in a split second (practice your drills to get good at it)
- Stand Throws
 - The throw starts from the ground up
 - Legs lead upper body
 - Pivot the feet
 - Slam the hips ahead of the shoulders
 - Left arm should be bent and parallel to the ground
 - Eyes looking up at the sky, creating an inverted C type of body position
 - Put the shot in a incline bench press type angle
- This all happens in a split second (practice your drills to get good at it)

Reverse

- Land on a flat right foot, not on your toe like a ballerina
- Keep head, shoulder and right arm up so you don't foul

FOLD 3

THE ART OF SHOT PUTTING: THE SPIN

Start and Wind

- Stay Level
- Head UP
- Leave Shot Back
- Relax
- Hips underneath shoulders
- Hips ahead from the start

Balance

- 180°
- 360° -Stay on inside ball of left foot
- 180° to middle
- Turn right toe in to the middle of the ring
- Do drills left handed to address bad habits

Middle

- Pivot Drill:
 - Keep the left leg in tight with the right leg. Lead with the lower body.
- Line Drill to Heel-Toe position
- 180° to middle, pivot to power position.

Front

- Heel Toe
- Stay on Right Leg, with heel up turn
- Block
- Stay back
- Reverse

Full Throw - Put it all together

- More Rotation than Discus - Smaller Ring

Key Things to Remember:

- Don't watch your throw, if its far enough you will have time to see it after not fouling
- Remember shot putting is an explosive event. The throw should go from slow to fast, increasing speed throughout.
- Last point is don't be afraid to get psyched up and let out a huge booming yell at the end of the throw (this must be practiced)