







## Coaching

# DISCUS THROW

This article is adapted from IAAF regional centre Oceania coaching

The discus thrower must combine strength, agility and speed in throwing the implement

EVENT PHASE		
	<p><b>PREPARATION (ENTRY)</b></p>	<p>Discus is held on the last joints of the fingers spread on the rim, wrist straight. Back to direction of throw. Legs shoulder width apart. Knees slightly flexed Weight on balls of feet, back straight, eyes ahead Discus taken back at shoulder height to a position behind right hip. trunk and shoulders follow</p>
	<p><b>MOMENTUM BUILDING PHASE I</b></p>	<p>Transfer body weight over ball of left foot. Pivot left foot, along with right, in direction of the throw. Sweep right leg around and simultaneously drive. Across the circle with left leg. Keep shoulders horizontal Trail discus behind</p>
	<p><b>MOMENTUM BUILDING PHASE II</b></p>	<p>Land on ball of right foot in centre of circle Extend left leg quickly to land at front of circle. Keep body weight on bent right leg Shoulders level facing the rear Head, right knee and foot in a line Left arm slightly bent in front of chest</p>
	<p><b>TRANSFER PHASE (POWER POSITION)</b></p>	<p>Land with weight on right foot. Right heel aligned with left toe. Drive right hip vigorously forward by pivoting on the right foot to make hips face forward Straighten right leg. Transfer weight to left leg. Block left hand side</p>
	<p><b>DELIVERY</b></p>	<p>The left leg is braced during the throw. Discus is at head height. Then slung out whilst maintaining double foot contact. Watch discus in early flight Shoulders remain horizontal throughout</p>
	<p><b>RECOVERY</b></p>	<p>After release the body rotates and the legs are simultaneously reversed Weight transfers to the right foot Left leg lifted back to the rear</p>

The discus must be controlled on release to ensure good flight. The palm must be face down on delivery so that the discus is released flat. This allows the discus to act as a lifting body. Gripping the discus or holding it against the wrist will prevent proper release and therefore proper flight.