

SIMPLIFYING THE DISCUS



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The concepts

- ⦿ Setting up the back
- ⦿ Finding connection
- ⦿ Waiting for the discus
- ⦿ Drills and coaching questions



Setting up the back

- ⦿ Balanced and stable start
- ⦿ Allow some variation
- ⦿ Initiating the throw with the left foot
- ⦿ Connection



Finding Connection

- ⦿ What are we really talking about
 - Connection starts out of the back with the discus and the left leg
 - Keeping weight on left and using a pelvic tilt
- ⦿ How do you teach this
 - Start at the back
 - Find the rotation point/axis
 - 5lb plate rotations
 - Leading with the left knee into the throw
- ⦿ Letting the Discus get long and away from you

Waiting for the Discus

- ⦿ Carrying over the connection to the middle
- ⦿ Left Foot
 - Indicator (go button)
 - Starts the uncoil
- ⦿ Right side
 - Rotation and lift
 - Turns ahead of the discus
- ⦿ <https://www.youtube.com/watch?v=TSsttiaeNGAk>

Drills

- ⦿ 5lb plate connection drills
- ⦿ Stand throws lifting the left leg
- ⦿ Half turns working on finding the discus
- ⦿ Float float sting with pipes/bowling pins, cones
- ⦿ Double-Triple fulls non-reverse
- ⦿ Fulls with no reverse with cones/balls/pipes
- ⦿ Full with reverse cones/balls/pipes

Coaching tips and que's

- ⦿ Use the discus as tool throughout the technique
- ⦿ Focus on basics of balance and positions in the ring
- ⦿ Let the discus pull the arm out and away from the body
- ⦿ Keep the throw moving
- ⦿ Feel the positions and the strong movements

Questions and Concerns