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**Creating Discus Separation**

**1. Creating separation out of the back**

a. Drop the left leg down to Activate the back

Non Reverse – Tends to use more right leg wrap – ( the 1,2,3)

Reversers – Tend to use more left leg drive – (Left to Left)

b. Finding the Middle

Non – Reverse – Strong pre turn to the center, Causes the discus to elevate up to the shelf, creating strong tension.

Reversers – Loading a spring like action, tends to carry the discus slightly lower but sets the body up to explode.

**2. Timing the separation from back to front**

a. Tempo is the key word for learning how to achieve greater separation and tension.

**3. Unleashing the wrap**

a. Continuous right foot turn, Stay under your hip!!!! Get the arm pit out

Non – Reverse – hard left side shut down, chase out

Reversers – unload the spring they have created by chasing up and out