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12/ 15/ 16

Discus Throw For Beginners

1. 5 position step through

A. Position 1

- Legs slightly bent, weight 60 to 70% percent on the left leg.

- Keep your posture upright, no bending at the waist

B. Position 2

- Rotate the body to the South African Position.

- Head up, Posture tall, keep the left arm up and pointed to the direction of the throw.

- Left leg still has the majority of the weight.

C. Position 3

- Left foot stays in the direction of the throw.

- Right leg ACTIVELY wraps around the left leg, to the center of the ring.

- Slightly turn your right foot into the center of the ring, throwing the hip forward.

- Hold the left arm and left shoulder tight, the less movement the better.

D. Position 4

- Hold the core tight with the shoulders back, remain torqued up as in position 3.

- Discus is elevated and “put on a shelf” up and back behind the hips.

- Right foot continues to rotate, on the ball of the foot.

- Snap the left leg off, and slam the left Heel to the ground at the front of the ring, not

the toe. “left to left” coaching Q.

-Keep the hips open but the discus back.

E. Position 5

- Power Position

- Continue to turn the right foot, it will lead the throw, NEVER STOP turning the foot.

- Hold the left leg plant hard, and block the left arm.

- Stay out and long with the discus, the more length the better.  
 - Don’t Rush the Release stay through the throw.

F. Reverse or Non-reverse that is the question

- Always teach young throwers the non-reverse, it teaches them how to fully turn their

Right hip.

-If the thrower is fully throwing the hip into the throw then you can start teaching them

To switch their feet.

* Have them in a power position slowly turn the right side when their hand goes to the throwing position have them switch their right foot and put it were the left was.
* With out a discus do this drill over and over, the left leg will get higher and higher, this is for counter balance and is needed for control.