



***CARNEGIE MELLON APPROACH
To DISCUS***

By

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CARE

DEVIN CROSBY; AD @ LYNN UNIVERSITY

- **C**ONNECT
- **A**DOPT
- **R**EST
- **E**XCELLENCE

TOGETHER, PASSION, GRIT, DRIVE, COMMIT

U.S. DISCUS LEGENDS



- **John Powell, Jay Sylvester, Mac Wilkins**

KD, ME, MASON FINLEY



CMU LIMITATIONS

- 24 Weeks
- Wt Room(Wt Workout)
- Facilities (Video)
- Multi Sport Athlete (Video)
- Academics Athletic Ability
 - Len #234 171'3"

TESTING

- Quadrathlon
 - Overhead Backward Shot Throw, 30m sprint, standing long jump, standing 2 foot 3 jump
 - Scoring table, competition, keep records, Comparison with other event groups
- Vertical Jump
- Pull Ups
- Wt Room Maxing

FUNDAMENTAL TALKING POINTS FOR ATHLETES

- Choose an Appropriate Discus
 - Hudl technique App
 - Watch them throw
 - Balance
 - Rhythm
 - Technique
 - Posture
- ! Physics
- Height of Release
 - Angle of Release
 - Speed of Release

TWO MAJOR KEYS

- Balance
 - Left to right
 - Back to Front
- Orbit of the discus
 - High point in throw direction

THE IMPORTANCE OF RHYTHM



- Dance Like
- Smooth
- Flowing
- This is where athletic ability plays a major role

TECHNICAL ISSUES

- Most issues in the discus begin with the wind up. We can control issues with the start of the throw by the athlete understanding how to be on balance, shifting body wt. and most importantly controlling the throwing side

POINTS TO REVIEW

- Wind Up
- Initiating the Throw (Blocking side and throwing leg)
 - Kitchen Door
- Transition to Center of Ring
- Power Position
- Reverse (Yes or No?)

ORBIT AND OTHER POINTS

MIKE SERGENT

UNIVERSITY OF SOUTH CAROLINA

- Orbit

- Orbit issues are mostly due to other technical problems.

At the start: Dropping the arm, too much speed at the start, over rotation due to swinging the left arm or leaning into the start, not maintaining posture and balance throughout the spin all affect proper orbit

At the finish: trying to hit the disc with arm too early, driving the hips forward without rotating, trying to gather and throw the disc up will all take the disc out of the correct orbit

- Orbit can be manipulated, but be careful, manipulations could produce other negative effects!

OTHER POINTS

- ***Allow the disc to be a hammer and your arm to be the wire***
 - ***Relaxation through the neck, traps, shoulders, etc***
 - ***If needed, let the disc feel heavy***
 - ***The thrower must feel the implement; must feel separation and elasticity***
 - ***In the hammer, we try to keep our head on the ball, in the disc we would be well-served to keep our head neutral to the middle and on the disc until release***

WARM UP RELEASE DRILLS

- ***In Hand Turn***
- ***Flips***
- ***Bowling***
- ***Walking Release Drill***



STANDING THROW

- ***Feet Alignment***

- **Toe/Heal Relationship**

- **Open Stance**

- **Close Stance**



POWER POSITION – TOE-HEAL RELATIONSHIP

- Blocking foot on center line approximately in line with the instep to heel of the Throwing foot



STANDING THROW



- ***Heel Movements***

- Bottle Drill

- Squash the Bug

STANDING THROW

- Weight Shift
- Rocking Chair
- Ski Jumper Position
- Non Reverse Throw
- Reverse Throw



THE WHEEL OR MIRROR DRILL

- The Mirror drill teaches the athlete to turn from the middle of the ring where the throwing foot lands in a power position
- Big teaching moment is staying back on the throwing side and not letting the weight shift to the blocking side too early
- WRAPPING – Blocking Shoulder & Throwing Knee Relationship

VARIATIONS



- Walking Wheel Turn (Keep Blocking foot tight to throwing leg and be Balanced)
- Non Reverse, Reverse
- Multiple Turns
- Step Drill

HEISLER DRILL



SOUTH AFRICAN DRILL

- Lead with Inner Thigh
Blocking Side Action



- Throwing Knee in Relation to Blocking Shoulder
 - Touch & Go Drill

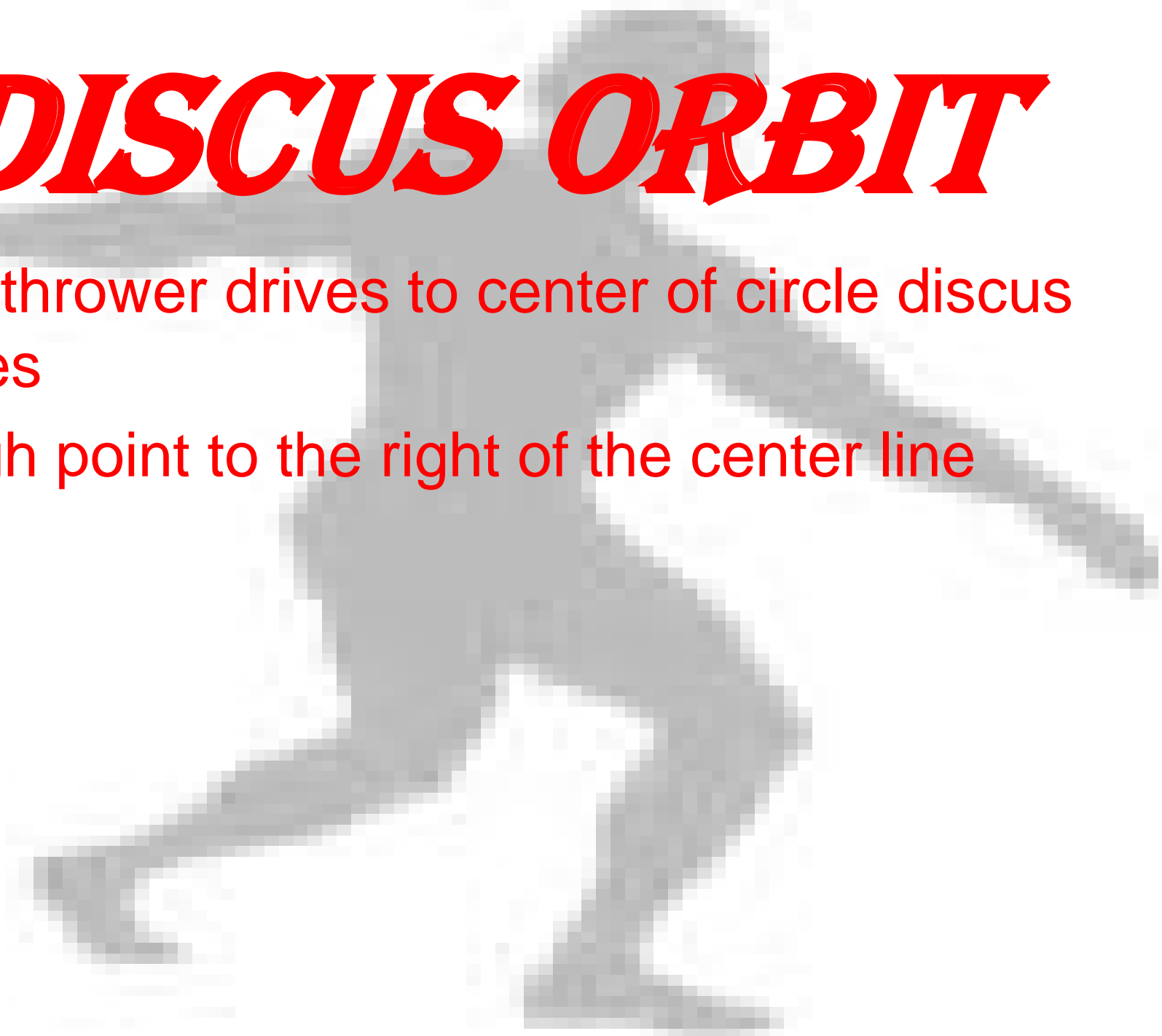
FLOAT, FLOAT, STING

- Dorothy vs. Gingerbread Man



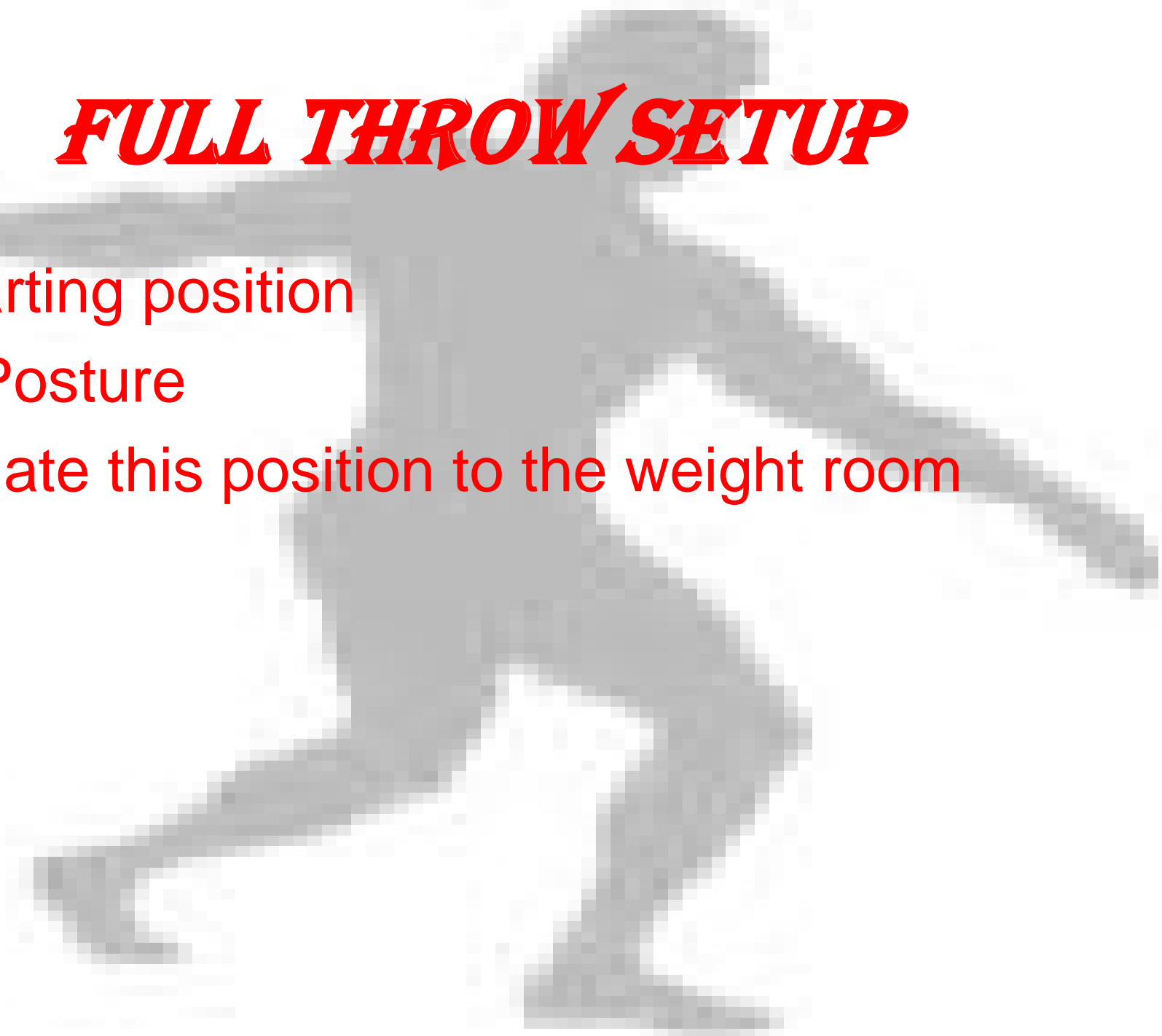
DISCUS ORBIT

- As thrower drives to center of circle discus rises
- High point to the right of the center line



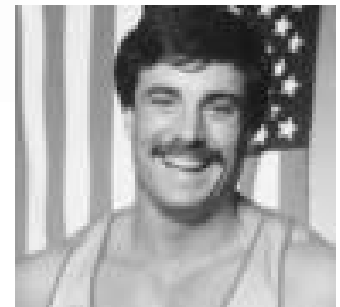
FULL THROW SETUP

- Starting position
 - Posture
- Relate this position to the weight room



FULL THROW

- ***Feet Alignment***
 - Bisect Circle
 - Left Foot on Center
- ***Body Alignment***
 - $\frac{1}{4}$ Turn
 - $\frac{1}{2}$ Turn
 - Full Turn





MASON FINLEY

VIDEO

POSTURE CUES



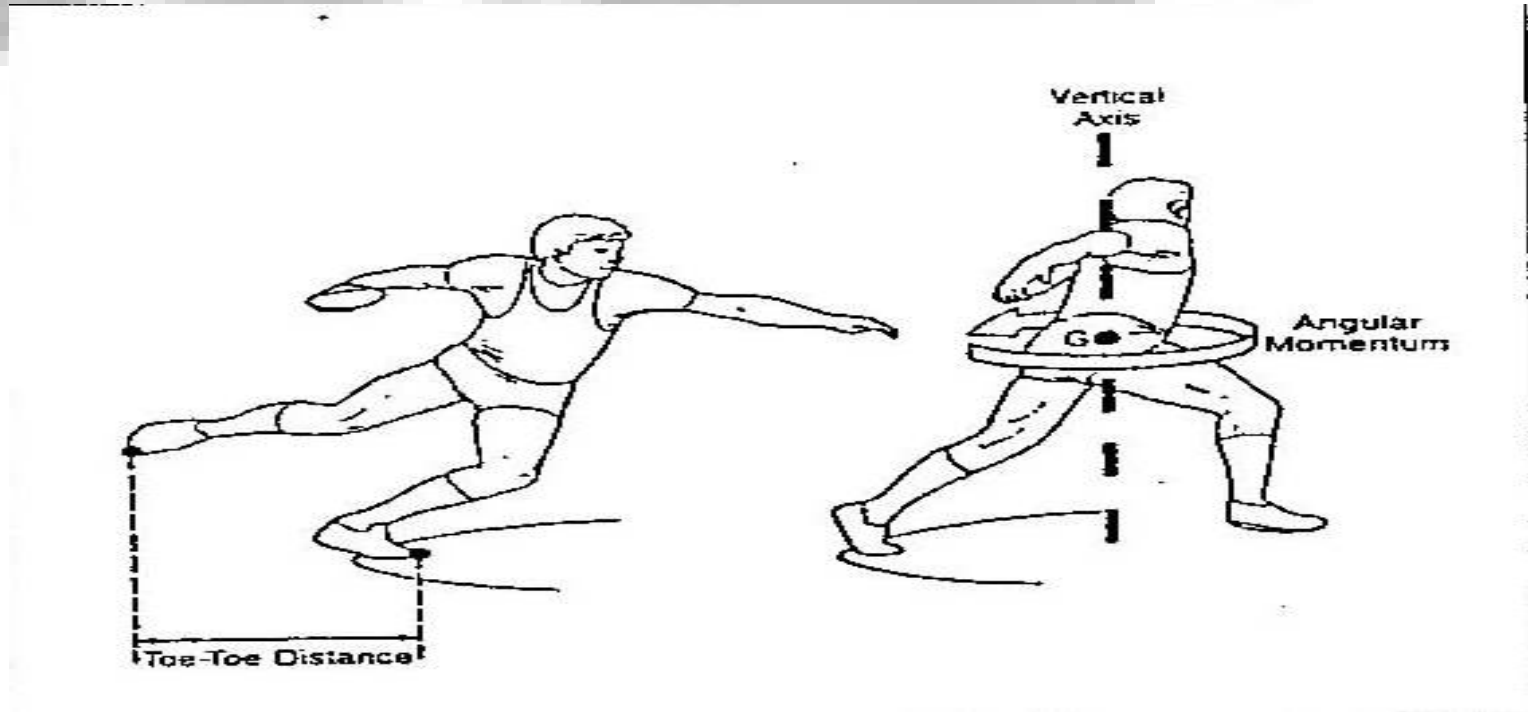
- “Athletic Position”
- Neutral Spine
- Head Up, Eyes on Horizon
- Level Shoulders

PRELIMINARY SWINGS

- Rhythmic movement to begin the throw
- A thrower may take from one to two preparatory swings
- I teach one and go



BACK OF THE RING MECHANICS



Specific Strength Throws

- Throw Things
- Men-2.5 and 3k discs, 2.5, 3k, 3.5k, 4k weighted balls; 5 or 10# plates
- Women-1.5 and 2k discs, 1.5, 2k, 2.5k weighted balls; 5# plate



HAMMER

HELPS DISCUS

- Words from Jud



MOVE THE MARK

Name	Drill	Dates	*Measurements in meters									
		10/6/2019	10/10/2019	10/15/2019	10/18/2019	10/21/2019	10/24/19	10/28/2019	10/30/2019	11/5	11/10/19	11/15/2019
Bailey O'Malley												
	1 Overhead	14.51	15.62	14.89	14.46	14.61	14.96	14.81	15.24	14.48	15.14	14.75
	2 Walking	13.32	13.71	12.68	12.41		12.55	12.84	13.18	13.63		13.27
	3 Up-and-Over	13.24	13.59	13.42	12.92	13.2	13.23	12.85	13.23	13.11	13.35	13.44
	4 To the Corner	13.26		13.24	12.63	13.46	12.72	12.84	13.53	12.7		
	5 Mirror Drill			12.37				12.78		13.25		
	6 Step Mir/Step Back			13.19				13.18				
	7 South African			13.47	13.55	14.07		14.3	13.92		14.26	
	8 Full			14.26	13.51	14.25	13.37	15.05	14.89			



ADVERSITY

We Embrace It

We Adopt & Overcome

THANK YOU

- To Sam & the USTFCCCA
- Mike Corn
- To the Coaches that have shared & Taught me so much no matter how small. Great Opportunities to watch coaches and athletes interact.
- All of you for coming and listening
 - I hope you will be able to take at least one thing away from this presentation and make your program and your process BETTER

HAVE A DAY



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