

Training for Discus Throw

Implement Weight

	Boys	Girls
PeeWee	750g	750g
Bantam	750g	750g
Midget	1Kg	1Kg
Youth	1.5Kg	1Kg
Junior	1.75Kg	1Kg
Senior	2Kg	1Kg



Training for Discus Throw

Discus Throwers must be

- Athletic
- Good at learning skills
- Powerful (strong **and** fast)
- Flexible
- Competitive

So, training sessions for developing athletes will include

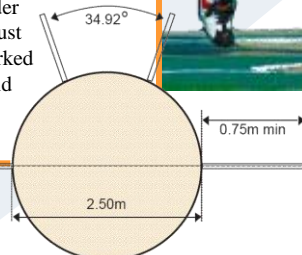
- Static and dynamic mobility work
- Drills which enhance discus skills
- Discus throwing
- Strength development (general jumping, general throwing and weights)
- A warm down

Training sessions for mature athletes will be more frequent and specialized, with separate sessions devoted to drills, discus throwing, general throwing, general strength, specific strength, power development, preceded by the appropriate warm up and mobility work.



Basic Rules of Discus Throw

The discus must be of the correct weight and size for the athlete, see specifications. Each athlete is given three to six throws; the longest throw (measured to the nearest centimeter below) wins! The thrower can use any style or technique to throw the discus as long as the throw is made completely within a 2.50m radius circle inside an approved safety cage. After each throw, the athlete must then wait for the discus to land and only then leave the rear half of the circle under control (in balance). The discus itself must land within the (34.92°) sector lines marked on the landing area. For both training and competition the landing area should be roped off for safety.



# Discus Throw

Discus Throw Basics

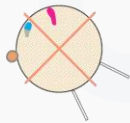
Discus throwing is a test of speed, strength, technique and mental toughness. The best throwers are fast and have a good sense of balance and rhythm. At the highest level it is an advantage to be very tall and have long arms and legs. Discus throwers are all-round athletes whose training consists of throwing, sprinting, jumping, lifting weights and working with medicine balls. Throwers are very flexible, especially around the hips and shoulders, as they need to maximize the path of the discus during the throw. It can take many years to fine all of these factors into a single perfect throw, so discus throwers can have the longest careers of all track & field athletes. Many athletes start in their early years and are still throwing well into their forties.



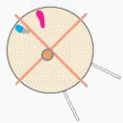
Equipment for Discus Throw

For safety you must throw from a concrete circle in an approved safety cage. For experienced throwers specialist throwing shoes give a good grip in all weathers. For beginners any flat-soled training shoes are acceptable. Warm, loose fitting clothing (especially around the shoulders and hips) is essential during the cold winter months. A brush to sweep out wet or slippery circles. An old towel to dust or dry the discus is also very useful. Three types of discus are available: rubber discii for beginners and for throwing into nets indoors, low-spin discii for intermediate throwers (up to about 50m) and high-spin discii for advanced throwers (consistently over 45m). A high spin discus has more weight in its rim so that it keeps spinning and remains stable in the air for longer – however it is harder to grip and spin correctly compared to a low-spin discus.

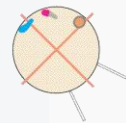
## Discus Throw Technique



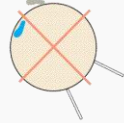
Start with one long relaxed **swing**. Use a long relaxed left arm to help with balance. The right foot remains flat on the floor. The bodyweight stays central between the feet.



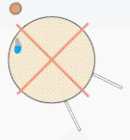
The left knee, left foot and left arm begin the turn as a unit.



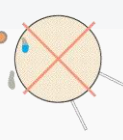
The bodyweight transfers onto the inside of the left foot.



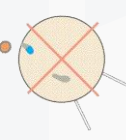
The left arm stays behind the left knee, which helps to maintain balance and to hold the discus back.



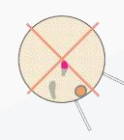
and a push of the left leg like a sprinter.



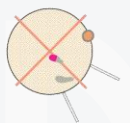
After a short flight the right foot lands on the ball of the foot at the centre of the circle.



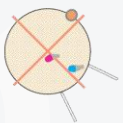
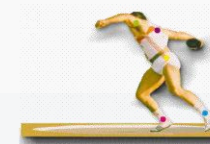
The right foot picks up and swings in a wide semi-circle around the left leg and towards the centre of the circle.



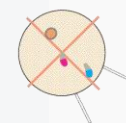
The athlete drives low across the circle using the momentum of the right leg...



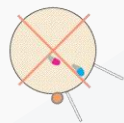
The left foot whips to the front of the circle. The right heel never touches the floor. The right arm stays relaxed, so that the discus is a long way back at just over shoulder height.



The right foot and right knee turn dynamically.



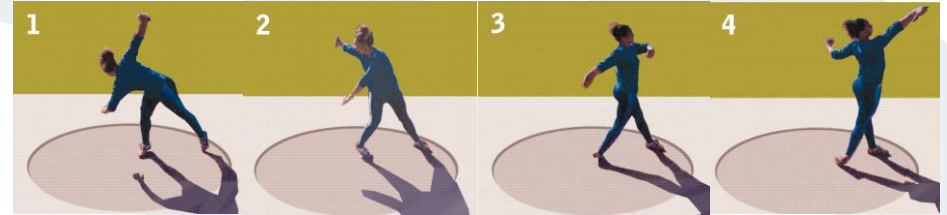
The hips drive around creating a stretch across the trunk and chest, the left side blocks...



and the discus is pulled through fast and last.

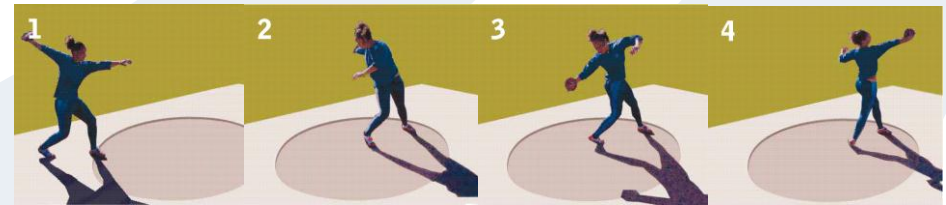
## Discus Throw Drills

### Standing Throw



This is the basic drill for discus throwers to learn and practice the delivery and can also be useful for warming up for competitions. There must be very little difference between an athlete's standing throw technique and their technique at the end of a full turn. The keys (for a right handed thrower) are: a long relaxed wind-up keeping the bodyweight back over the right foot; next start to turn the right foot; and then start to turn the right hip; finally drive the bodyweight forwards and strike with the discus arm fast and last. The left arm acts as a balance at the start. The whole left side acts as a block at the end. Active reverse throwers should include many fixed feet standing throws in their training.

### South African Drills



This is essentially a straight line drill to get the thrower used to the linear aspects of the throw. The athlete begins by facing in the direction of the throw; the discus arm is held high and relaxed with the left arm counter balancing. The right leg drives and turns to the centre of the circle complemented by a vigorous push with the left leg which whips to the front of the circle. This brings the thrower into the standing position seen in drill one and the delivery is as drill one.

### 360° Drills



This drill is designed to teach the thrower the correct balance and entry to the full throw. The starting position is as for the normal throw but the athlete describes a complete circle around the left side returning to their starting position. The body weight is kept over the left side and on the ball of the left foot throughout the drill. The legs and feet remain the same distance apart throughout and the shoulders stay torque to the right against the axis of the hips. The discus arm is held relaxed and high; the left arm is level and at right angles to the body.