

Beginning shot and discus

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Grip

- ◆ Shot grip should look like this: shot is resting on the base of the fingers and pressed firmly on the neck under the jaw. Spinners may hold it more towards the ear; gliders more towards the chin.



Discus Grip

- ◆ Discus should be held by the finger's first knuckle.



Discus release

- ◆ The discus should roll off the fingers touching the index finger last.
- ◆ Discus Bowling
- ◆ 30' Throws
- ◆ Arm swings

Keys to getting the disc to fly flat

- ◆ Keep the thumb down/hand flat
- ◆ Disc leaves hand at shoulder height
- ◆ Shoulders level
- ◆ Thrower watches the disc leave their hand.

Number #1 problem you will have:

- ◆ **Most kids are too upper body dominant.** When we teach them how to throw we need to be aware of this. Our teaching progressions should illustrate the value of aggressive legs and core with a more passive upper body.

Where to start?

- ◆ Put
- ◆ Put with legs
- ◆ Put with legs and twist
- ◆ Power or stand throws
- ◆ Make note of the fact that as you use more legs and core the ball goes farther!

Power Position/Power Throws

- ◆ Power position: the basic position we throw from.
- ◆ Power throws: throwing from that position. It is essential your athletes perform this correctly.



Key points for Power Throws

- ◆ Implement back
- ◆ Weight and UB over rt leg
- ◆ Initiate movement with rt foot
- ◆ Upper body is passive
- ◆ head/chest up,
- ◆ Block
- ◆ Implement travels in straight line

Things you'll probably have to fix

- ◆ 1st movement is with head, not rt foot
- ◆ "Sliding crotch"
- ◆ No block
- ◆ Watching the shot
- ◆ Opening upper body too early

Once the power throw is mastered...

- ◆ How do we get to the PP?
- ◆ Shot=glide or spin/discus

Glide start



- ◆ Balanced and Relaxed
- ◆ weight on right foot
- ◆ shoulders down
- ◆ left leg relaxed
- ◆ Head neutral

Glide Drills

- ◆ A drill
- ◆ Athlete starts in glide position
- ◆ Left leg is extended towards the toeboard
- ◆ Right leg straightens as this happens.
- ◆ Athlete finishes drill with legs forming an "A"

Glide Drills

- ◆ “B Drill”
- ◆ Perform “A Drill”
- ◆ Athlete pulls the right foot under the body and turning it so they land in correct power position.
- ◆ Use the A and B drill to build a basic framework of the glide.

Glide coaching keys

- ◆ Watch from the side: The shot should move in a straight path. Upper body stays back.
- ◆ Watch from the back: again, the shot should be going in a straight line.
- ◆ Rhythm: slow to fast

Rotational basics

- ◆ For the start: Turns
- ◆ Athlete puts weight over left leg, left arm out and performs a $\frac{1}{4}$ or 90 degree turn.
- ◆ Doing 180 and 360s also helpful
- ◆ Key points: Left side is one piece, weight stays over left leg, stay low.

Rotational basics

- ◆ After performing a $\frac{1}{4}$ turn, athlete takes a large step and lands in the middle of the circle with rt leg
- ◆ Key points: shoulders level, left foot shut down, rt foot, head and chest are facing direction of the throw, weight on right foot

Rotational basics

- ◆ Step thru
- ◆ After performing the $\frac{1}{4}$ turn and step to the middle, the athlete is on the ball of rt foot, turns counter clockwise 180 degrees and lands in PP.
- ◆ Keys: Right foot turning, weight stays on the right leg, UB back.

Keys to throwing far

- ◆ Slow to fast
- ◆ Balance
- ◆ Use legs and core before arms!

How should my athletes warm up at practice?

- ◆ 400-800m jog
- ◆ Dynamic warm up
- ◆ Easy throws/drills

How should my athletes warm up at a meet?

- ◆ About 15 min before they can warm up in the circle, Jog 400m, dynamic warm-up (skips, high knees, etc) 2 powers, 3-4 glides (if a glider) 2 powers, 2 step thru's 1-2 spins (spinner)

What do I do at a meet?

- ◆ Prepare the day before
- ◆ Oversee
- ◆ Don't tinker
- ◆ Assess and review after the competition.

What does a basic practice look like?

- ◆ 10 min jog/dynamic warmup/stretch/
- ◆ 20 min drills
- ◆ 20-30 mins of throwing
- ◆ Keep varsity kids for an additional 30-60 min

What does a normal week look like?

- ◆ Monday: practice like listed above + some video from previous weeks meet
- ◆ Tuesday: meet
- ◆ Wed: practice like listed above
- ◆ Thursday: practice like listed above
- ◆ Friday: Warmup, 20-30 minutes of throwing
- ◆ Saturday: Meet
- ◆ Sunday: off

How many throws should my kids take?

- ◆ Very individual
- ◆ More throws earlier in the year
- ◆ Stop when thrower begins to break down.

I have a thrower who does a lot of things wrong, what do I address first?

- ◆ Once the power position is taken care of, work start to finish.

How do I prevent my throwers from fouling?

- ◆ Keep weight over the right in middle.
- ◆ Don't watch the shot land.
- ◆ Don't foul in practice