

Discus Made Fun

- I. Background
 - a. Experience – 32 years track
 - > 20 years shot and discus
 - > 12 years sprint and hurdles
 - > 2 years head coach
 - b. Philosophy
 - > Teach – life long benefit of track and field.
 - > Teach – leadership skills.
 - > Teach – skill and how to compete.
 - > Teach – how to conquer yourself through self prescribed goals.
- II. Season – 17 Weeks
 - a. Indoor Season (pre-season) 9 weeks – most important for teaching skill development and team concepts.
 - > Use of facilities.
 - > Drills
 - > Teaching
 - > Development of teachers, seniors plus experienced throwers work with new trainees.
 - b. Early Out Season – 4 weeks – includes dual or tri-meets and early season invites.
 - > Continue to work toward strength goals in weight room.
 - > Get as many reps (shot and discus) as possible.
 - > Work on technique.
 - > Create time for competitive throw offs.
 - > Beware of potential injury (usually over use, too many reps without corrections).
 - > Don't let bad habits take control.
 - > Make time for weight training.
 - > Encourage athletes to stay late (6:00 – 6:30) on lifting days.
 - > Help younger kids car-pool or catch rides with older athletes who can drive.
 - > Let parents know.
 - c. Bad weather days
 - > Weight room
 - > Still looking for strength gains.
 - > Improved techniques in power lifts.
 - > Hallway drills
 - > Film
 - > If lucky, get 1 field house court.
 - > Be nice to and get friendly with other spring sport coaches.
 - > Learn to share.
- III. Big Meet Season - 4 weeks
 - a. Taper in weight room for varsity athletes who are expected big meet place winners.
 - b. All others continue to work toward long-term goals.
 - c. Eliminate unnecessary reps outdoors and reduce number of full throws.
 - d. If technique problems occur, work backwards.
 - > Review what works.
 - > Reinforce and move on.
 - > Athlete should start to “feel good” at this time of season.

- e. Beware of:
 - > Unnecessary and extra demands placed on athlete by teachers (mostly physical education), other coaches, family.
 - > communicating and negotiate with all concerning the best interest of the athlete.

IV. Sectional and State Meet Preparation.

- a. Know state guidelines, times, and equipment.
- b. Proper warm-up, including easy throws.
- c. Limited throws based on time (20 minutes).
- d. Prepare for about 5-6 throws.

V. Motivation

- a. Group – militaristic approach.
- b. Records – essential for interest and goal setting.
- c. Last year’s record card – given out at end of season. Returnees post at home.
- d. Last years P.R. – posted in classroom.
- e. T-Shirts
- f. Camaraderie – companionship (Huskie Invite, Bar-B-Q)
- g. Break-Yell – each group creates own “bobble”.
- h. Weight room – ethnic music, lesson in geneology.
- i. Burger Bucks – PR’s, Place, Dual Meet, Big Meet Place.
- j. Targets – i.e., golf hoops, buckets in sand, lines on net, cement blocks, plastic rings, cement blocks, “no-no targets” (fire alarms, exit signs, ice hunk trow, cameras).
- k. Season meet record card
 - > Place
 - > PR
 - > All marks (best)
- l. Set-up, take down (times – 2 minutes)
- m. “Junk Car Story”

VI. Weight Room

- a. Lifts
- b. Auxiliary lifts
- c. Conditioning – bikes, stairs, and steps (indoor)
- d. Video/DVD – lifting technique and throwing skills

VII. Recruiting

- a. Middle Schools – invite at school
- b. Information passed on through athletes and parents.
- c. Attend freshmen physical education classes.
- d. Attend last practice of football, basketball.
- e. Bucking the baseball/basketball syndrome.
- f. Middle schools, park districts and clubs – lack of programs.

VIII. Coach Participation

- a. Share one thing you do as a coach that has helped you the most to develop shot/discus throwers.
 - > drills, weight room lifts or techniques, use of equipment or facilities, recruiting, analysis of technique, meet strategy, practice plans, use of film, and motivation.

Explain and or diagram. All entries will be sent to all coaches. Include your school Address/e-mail. Send to Ken Blazek In care of Fred Lussow at Hersey High School, 1900 East Thomas Street, Arlington Heights, IL 60004

Discus Drills (practice nets)

1. Standing Throws (pivot only)
 - > Foot pivot
 - > Don't move feet on release.
 - > Discus Pull (not throw)
 - > Emphasis – lead arm, hips, block
2. Snap with reversal
 - > Arm, hips, power position push, exchange of feet, balance.
 - > Emphasis – drive off power through front foot to reversal, balance and finish.
3. Step through
 - > Keep head back, drive through fast, reversal.
4. Step in (South African)
 - > Aim to power position.
 - > Ball of foot to ball of foot.
 - > Start from full form position and step to South African position.
5. Full
 - > Stance – wind foot to foot.
 - > Pivot alignment – ball of foot.
 - > Sprinters – lean to power position.
 - > Jump turn – step turn, don't grind!
 - > Check eyes when possible.
6. 100 Throws
 - > Beware of soreness, strains, pulls (hip flexor or iliac), blisters.

Shot – Discus Whole Group Drills

Discuss Dance

Shot Shuffle

Double/Triple Hop Drill (shot)

Balance Circles

Full Form

Tap-Tap Drills (shot)

Wall Drills (shot)

Glide Drills To Wall
Video/DVD

> Jump Rope – 2 – 5 minutes

> Routine Single Hop Fast 100

Left foot – 25

Right foot – 25

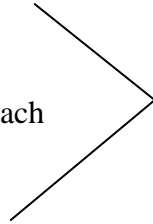
Alternate feet – 100

Repeat left and right foot – 25 each

Repeat single hop 100

Cross over – 10

Double jump – 10



Goal: no misses and break best time!

> Improves:

Mind discipline

Motor memory

Helps conquer oneself (I can vs. I can't)

Team concept – done in circle with last practice best performer in middle to lead

Strengthen legs and feet

Balance

> DROM

Team concept

Flexibility

Coordination

Quickness

Strength

Explosiveness

*Be a little better today than you were yesterday
And
A little better tomorrow than you were today!*