Discus Error Analysis and Corrections

2009

How to See Errors

- film analysis - positions to film-side
  - back
- Eyes - problem - too fast - pick one thing to look at
Basic Concepts

DISCUS TEACHING CONCEPTS

• Ring as a clock
• Foot positions
Release Problems

- Hand placement.
- Coming off wrong finger.
- Thumb lifts off discus.
- Scooping
- Pulling away
- Head leading
- Back of the hand.

Wobbles

- Check hand placement.
- Middle of discus should be down center of discus so that the discus is released off of index finger.
- Possibly put index and middle finger together.
How to Hold the Discus

- Middle of discus should be down center of discus so that the discus is released off of index finger.
- Edge of fingertips over rim of discus
- Discus should sit in the hand, don’t grab on to discus

Thumbs Lifts off

- Keep thumb pressure on the discus- must slide off the front of the thumb
- Bowling the Discus
Thumbs Lifts off

- Throw Discus Vertically
- Make sure discus comes out of hand in the right direction
- Try not to make the discus wobble too much in flight
- Throw 2-5 feet above head

Scooping Discus

- Possible hip slide- if discus is parallel to shoulder at 12 o'clock-and discus is still being scooped- reason- hip sliding to the front before rotation completed
- Answer- stick and rotational belt in power position-helps keep the weight back (and shoulders) until the rotation is completed completed
Scooping Discus

- Stand-throw” from Knee with cone out to the rt which focuses on keeping rt arm away from body
- Good drill to work on throwing discus parallel (flat) to the ground

Scooping Discus Cont’

- Skipping discus from a stand- like skipping a rock on water
Outside Edge Higher that Inside

- Reason - pulling down on left side - why - trying to kill finish or trying to lift the discus in the air
- Answer - kneeling throws - skipping -
- Plastic trash can on left side
- Harp on seeing discus released out of rt eye (helps keep you into the throw and not pulling away)
- Remind them it is an out event not up-face and chase

Discus Releasing Out of Back of Hand

- Reason - bending right elbow to try to spin the discus faster
- Answer - bowling, skipping from a kneeling and standing position
- Tell them to reach rt hand out into their throw
Power Position

- Left foot of center line approximately on line with the instep of the right foot
- Chest in a lay back position
- Shoulders closed
- Eyes back

Problems in the Power Position

- Head peaking to the front
- Left shoulder open
- Weight shifting early
- Right foot not rotating all the way through
Head Looking to the Front Before

- Falling out of the ring
- Shifting off rt leg early

Head Looking to the Front Before Release Cont’

- Place and object in the back of the ring to keep there head back – left arm rt knee-hold the head back
Looking Early-

- Fist on left side of head

Left Shoulder Opens early

- Reasons-
  1. looking early-
  2. rt foot not rotating through the finish
Right Foot not Turning Through

- Power position – kick the bottle – place a plastic bottle next to rt foot and have them knock it over

Right Foot not Turning Through

Cont’

- Power position – partner holds stick through power
- Can add belt and stick
Wheel-

- When rt foot makes contact in the middle of the circle
- On the ball of the right foot (heel up), keep it turning.
- Right foot makes contact with ground between 12 and 3 oclock
- Bent rt knee – power positon

Wheel-

- Knee squeezed to make rotation faster
- Upright position of the upper body.
- Maximum separation between hip and shoulder axis.
- No head movement!
Problems in the Wheel Position

- Posture alignment
- Heel down
- Late left leg
- Lack of torque

Posture Alignment

- Problems
  1. Chest down

  1. Shoulders not level
Chest Down

- Wheel with hands on hips – why takes shoulders out of picture-watch to see eyes level, chest up, facing your throw
- Squeeze your knees – make sure the hips make the turn
- Think ice cube in back/stack the spine

Chest Down Cont’

- Wheel with stick
- Can add a little of movement by rocking back and forth to rt foot and on 3rd rock move into wheel
Chest Down Cont’

➢ Wheel with med ball

Jump Turn

➢ Left leg push off with the right leg rotating to the middle
➢ Right hip should lead you into the middle
➢ While in the air let the ground come to you, do not reach for it
➢ Posture of upper body as the thrower drives is relatively erect – Power position alignment
Jump Turn Problems

- back door into the middle
- Late left foot still on the ground (or close to it) when rt foot makes contact with ground
- Not getting to the middle - no sprint phase

Jump Turn Problems Cont'

- Left arm pulling body to middle
- Going too far to the left side of ring
- Right foot reaching for the ground
- Eating too much of the circle
Back Door into the Middle

- Patty cake drill – helps face the throw

Back Door into the Middle Cont’

- Wall drill circuit
- South African
Back Door into the Middle Cont’

- Wall drill circuit
- Full catch

Late Left Foot Out of The Back

- South African with a stick – working on squeezing the knees - this will also help if left foot is in the bucket in the power position-
Throwing From the Back Half

- Patty cake – push with your left foot and drive rt hip ahead to the middle

Left Arm Pulling

- How do you know - check discus on coming to the middle ahead of rt hip
- South African with a stick - keep left arm to your throw - bring rt knee to hand
Left Arm Pulling Cont’

- South African with coach on left side of athlete grabbing left arm as they come to the middle

Right Foot Reaching

- Check to see if foot is under knee or out in front - must be under knee and “cocked up”
- Stabbing at the ground
- Late left leg out of the back
Right Foot Reaching

- High jump drill

Turn (Unwind)

- Initiate the turn by turning the left foot and left side in unison as a unit
- Keep left arm inside or directly over left knee
- As you unwind to the left keep the right foot from turning in
Turn (Unwind) Continued

- At the same time you are unwinding slide your shoulder on top of the left foot
- Once the left foot is facing 9 o'clock drop the hips which will automatically pick up the right foot out of the back
- Make certain that the hips and shoulders remain level at all times, this is critical for balance

Problems With Unwind

- Left arm leading
- Left shoulder dipping
- Rotating on outside off left foot
- Right leg swinging vs sweeping out wide
Left Arm Ahead of Left Knee

- What to watch: falling to the middle-right foot/knee turn in as soon as rt foot comes off the ground.
- Discus is ahead of discus as athlete is coming to the middle.

Left Arm Leading Cont'

- Cone – come to balance – left side slides over toe-at the same time- left side opens drops- which will pick up rt foot which reaches to cone outside of circle on left side – keep rt foot open.
- Can add stick.
Left Shoulder Dipping

- What to watch:
  - Shoulders level
  - Right leg high on the turn

Left Shoulder Dipping

- Cone / come to balance
- 360 rotation with stick
Left Shoulder Dipping Cont’

- Right side crutch drill

Rotating on Outside of Left Foot

- What to watch: left foot not pushing off of big toe, pushing off outside of foot - not in control of turn
Rotating on Outside of Left Foot

- 360
- Cone- balance drill
- 360 and go drill

Right Leg Swinging vs Sweeping

- What to watch- rt knee/foot turn in as soon as the rt foot leaves the ground
- A up-down motion of the body vs down up
Right Leg Swinging vs Sweeping

- Cone – balance-to driving rt leg and rt hip up to the middle
- Think sweeping with inside of thigh with rt leg open

Wind up

- Straddle the middle
- Rhythmic movement (key) to begin the throw
- Catch discus to the left side of athlete
- Move discus to the right out and wide
- Right foot flat
- Discus high on the back swing
Wind Up Cont’

- Right arm stretched back and locked behind right hip pocket-think pinch tricep
- Hips stable- no breaking of the hips
- Do not over rotate on left foot
- Keep weight centered

Wind Up Problems

- Over shifting from left to right- result is falling in the middle- never getting over the left foot out of the back-
Wind Up

- Wind and stop

Wind Up  Cont’

- Wind – unwind- stop when rt leg left off- check to see rt foot and right knee are not turning in
Rhythm

Successful throwers are masters of rhythm
I focus primarily on mechanics but mechanics are dead without rhythm

Rhythm Problems

- Herky-jerky
- Too fast out of the back
**Rhythm**

- Feel should be sweep and two-three or la-dee-da
- Sound it out for them
- Clap it out

**Orbit**

**ORBIT OF THE DISCUS**

- Path of the body/discus through the ring

1. Down
2. Up
3. Down
4. Out