

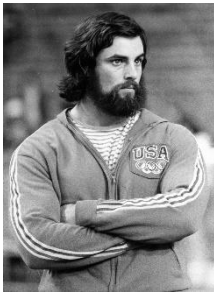


There is NO Hit... Sling It!



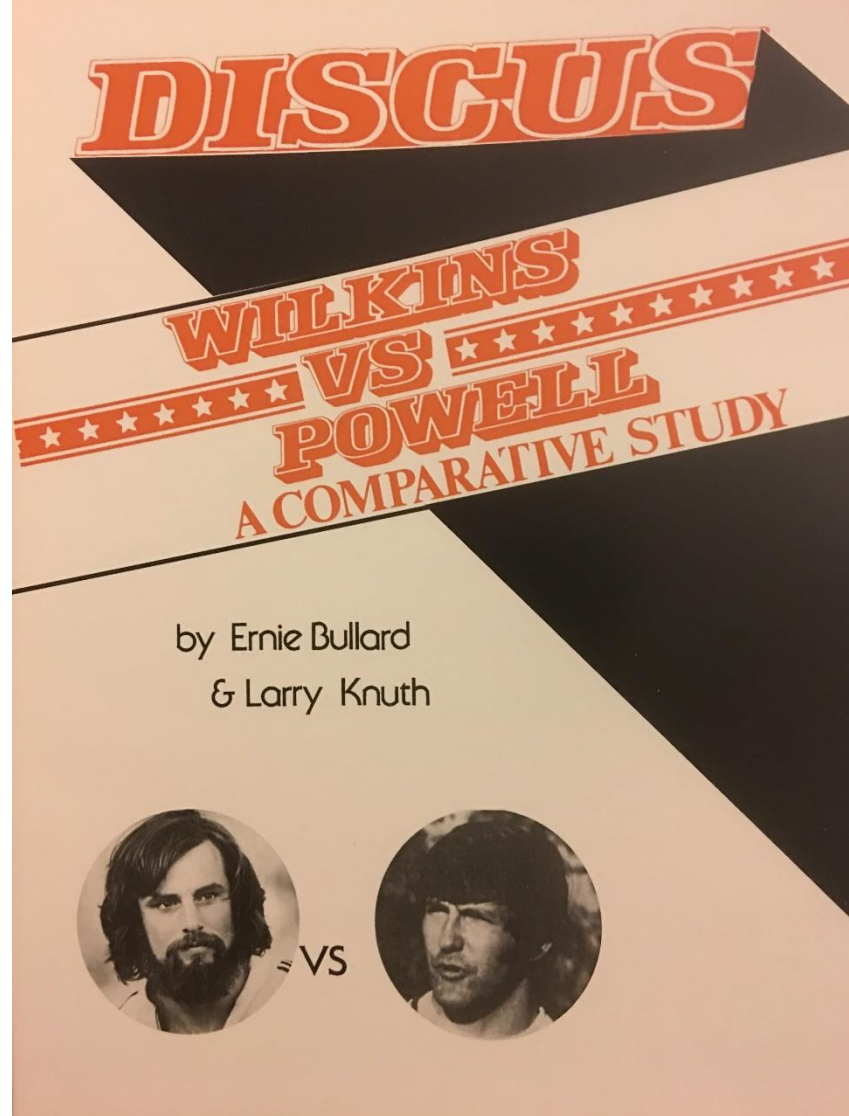
A High School Senior





Extreme Leverage





Classic Instruction – A Collector’s Item

First Published 1977

\$20 Limited Quantity Cash-Credit-Debit

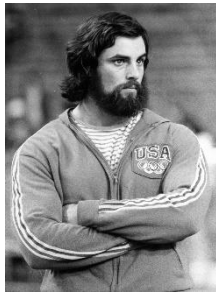
The Very, Very Best Mac's Video Lessons at CoachTube

use this link [Bit.Ly/MacWilkins](https://bit.ly/MacWilkins)
Available on any device any time

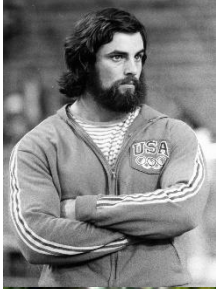
50% discount on all courses

Use the Coupon code '**Buckeyethrow**', (no quotes) for
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Simple Video Lessons from Mac's ***"Short Attention Span Theater"***

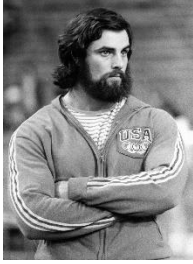


Extreme Torque



Rhythm Trumps All





Disclaimer

I Emphasize improving Two Biggest Weaknesses

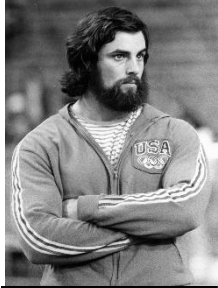
- Lack of rotation
- Lack of rhythm

Beginners can & SHOULD learn the same correct technique as 70m & 70' throwers



Hip Path & Rhythm

- **Down, Up...Down, Out**
 - Discus, Shot, Glide Shot - Path of Center of Gravity
- **Right Leg Engine**
 - Drop Down on the Left, Slow to Faster, Hop & Turn with a good orbit
 - “On your marks, Get Seeet, Go”



Rhythm Trumps All

Whip It, Whip It Good!

It's a Sling, not an arm fight.

If you are hitting it with your arm
you aren't using your legs



The Bottom Line is The Power Position





Three Things I Know

1. See the Horizon to the Target (throw direction)

Slow Down, see the horizon to the target. *Let the left side; eyes/arm/knee/foot lead the body to the target. Pause or slow the Left Side to allow Right Leg to catch up & get ahead to create torque. **This is the Essence of the rotational Throw***

2. Work a Wide Right Leg from the Back of the circle to the Middle

The Right Leg is your engine for the throw.

The wide right leg shortens/accelerate/works ahead of the slowed left side to create torque. See the Three Points the right knee makes in the throw.

3. Rotational Continuity into Block - Little or No Pause,

The Right Leg drives around & forward rotating/pulling the right Hip and then the upper body into the left side block.

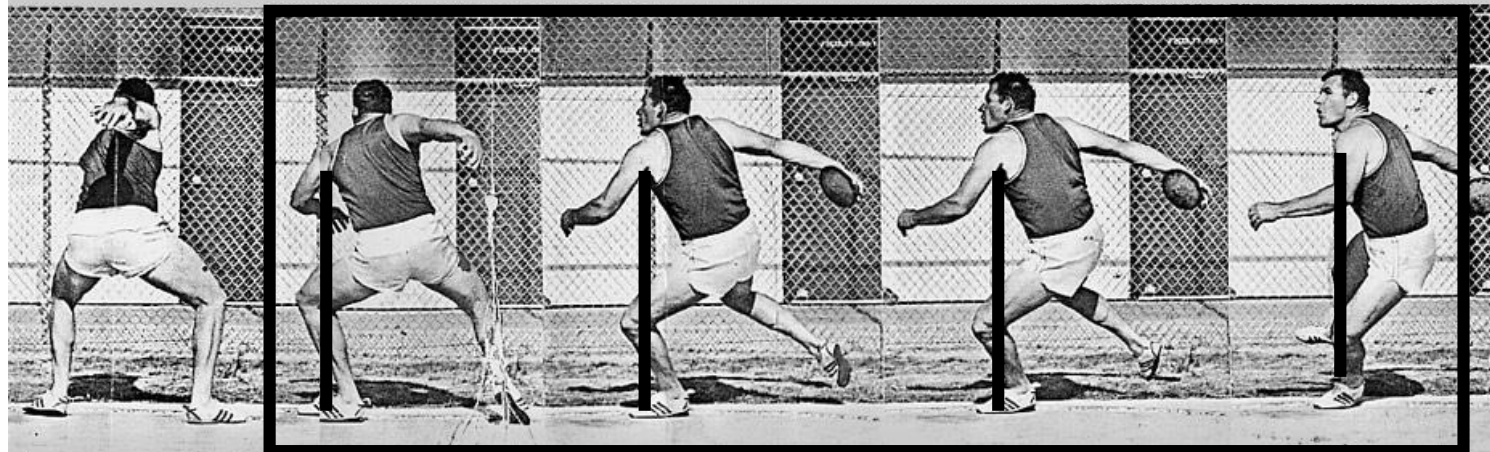
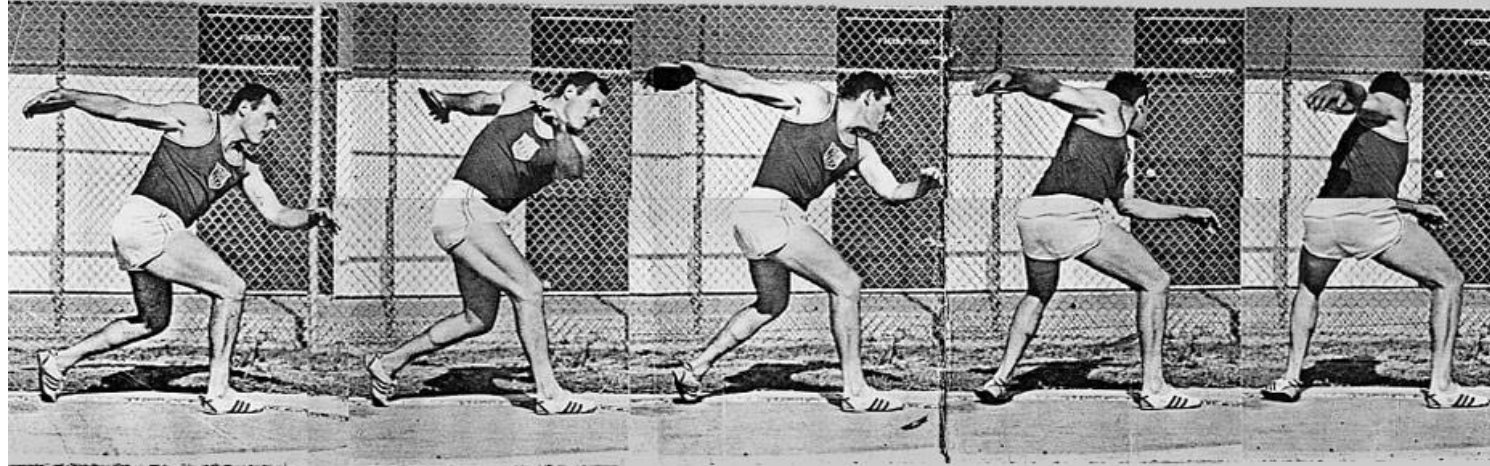


Wind Up



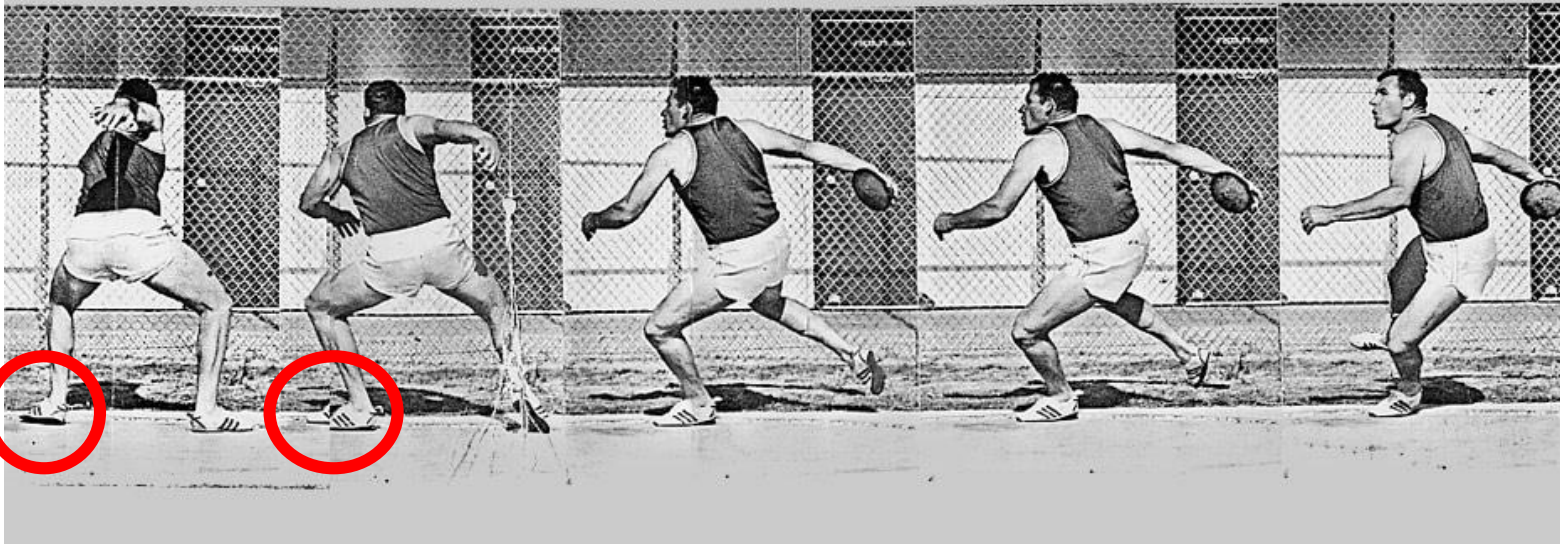
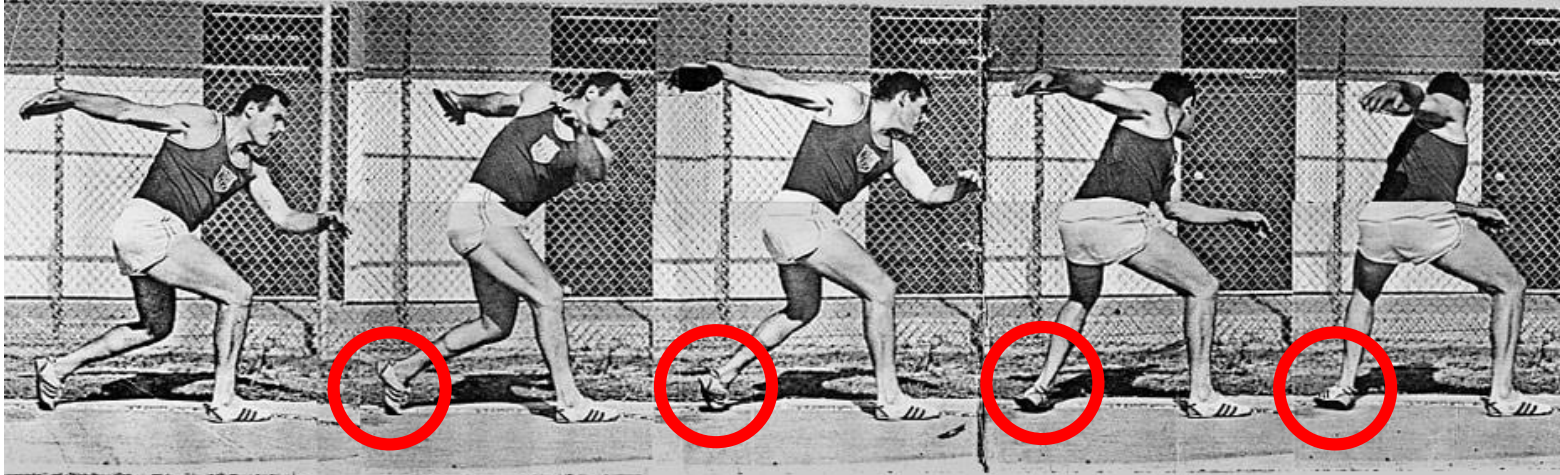


Balance Left to Right



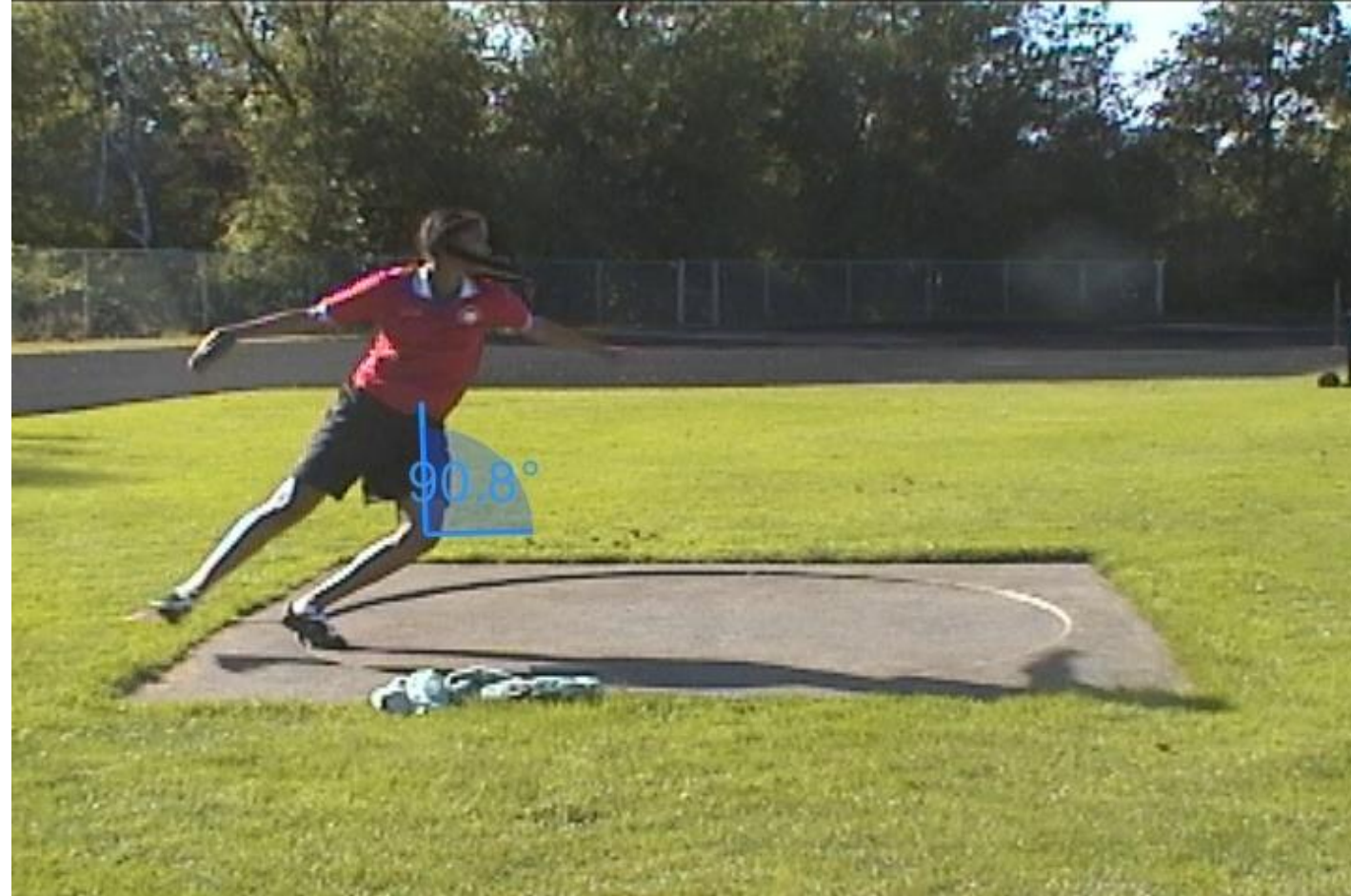


Inside of Left Foot





Balance Back 2 Front





High Point of the Orbit



Correct or not, the direction of the High Point determines the direction of the discus.



Key Rotational Positions

- **Balance**
 - *Left shoulder over toes at 9 o'clock
- **Right Foot straight Back at Touchdown**
- **'T' Position on Left Foot Touchdown**
 - *Arms, Shoulders, Right Foot & Knee Perpendicular to throw
 - *Right Heel Up
 - *Head & Shoulders Behind Right Foot

FIND 'em or Die



The Bottom Line

- **Rhythm**
- **Power Position**
- **Fly The Discus**



Technique Machine

Technique Enhancement Machine

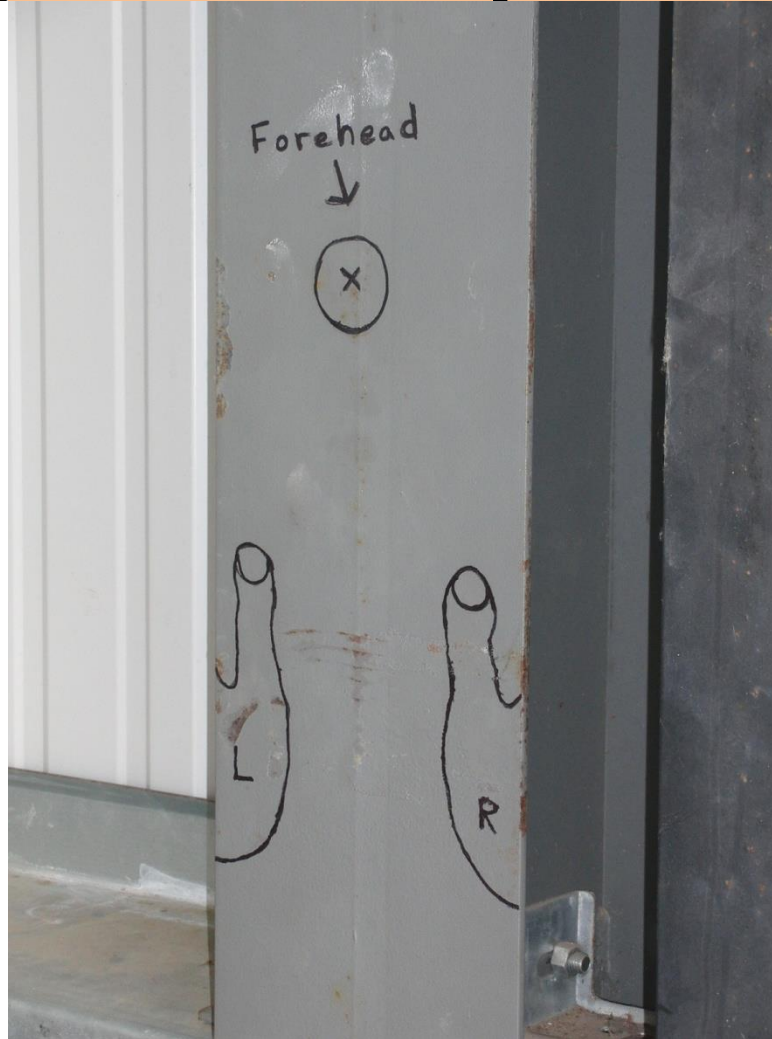


www.macwilkins.com

<https://coachtube.com/courses/track-and-field/discus>



Close Up of Technique Machine



www.macwilkins.com

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Basic Assumptions

- **There is NO hit** Sling it, Whip it
- Longer path & lever is better
- A straight line through the circle goes from left foot at the back, to the middle of the circle and to the left foot at the front.
- **What you do at the back, you must repeat at the front**
- South African drill has limited value
- Wheel drill creates the wrong feelings and concepts
- The center of the merry-go-round turns slower
- So many paradoxical feelings
- **Rhythm Trumps all** - Slow to faster & down up....down out
- “The **hardest thing** about the throw is to **do Nothing.**”



Teacher's View

- Start with high level, easy success - Rhythm
- Always make full movement in first workout
- Sometimes focus only on end result
- Understand the cause & effect connection
- Sometimes “Technique Machine” is the only solution
- Has to be fun... for the Student and Teacher



Contact

- support@macwilkins.com
- www.macwilkins.com
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50% Discount good thru Feb. 11, 2017

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Delivery Keys



- Right Foot and Knee Turn ahead of Hip.
- Right Hip ahead of Shoulder.
- Unwind from the bottom up



It looks Like This





The Difference Maker

What did **You**
Learn Today?