

DISCUS

Breaking the Habits



Breaking the Habits

- Commons Habits:
 - Diving to center
 - Blowing out on the block side of the ring (fouling)
 - Throwing into the cage or out the power side sector or hooking (block side sector)
 - Flight of the discus: too high, low or wobbly
 - Not using the legs (“blowing center”)
 - Not using the whole ring

Diving to Center

- Reason or Cause – starting the entrance with the block side and head rather than power side, forcing a fall due to heavy upper body.
 - Cues to fix:
 - Feel yourself come off of the inside ball of the foot out of the back
 - Keep the block arm inside the block leg throughout the entire throw
 - Feel the movement begin with a skateboard movement off the power leg as though it is racing the block side

Fouling Out on the Block Side

- Reason or Cause – blowing block early and then not stopping the block side
 - Cues to fix:
 - Focus only on your power side, as if you do not have a block arm
 - Do a non-reverse with the block arm staying in front of you or hitting your chest – (power throw, half or full...depends on ability level)
 - Drills:
 - Full throw to power position hold (do not allow the athlete to rotate past the power position.)
 - Body Clock (Advanced technical throwers): similar to above...but move their sector according to the face of a clock.
 - *Drill Goal: Body control and awareness*

Throwing Anywhere, But In Sector

- Throwing into the Cage or Power Side Sector
 - Cause #1: (Beginner's) Rushing the block leg down early and moving the sector area
 - Drills:
 - Wheel drills with cones
 - Ballerina spins and Line jumps with block leg initiating movement
 - Cause#2: (Advanced) Blowing the block too early (prior to the hip turning), forcing a late power side finish
 - Cues to Fix :
 - Focus on the power side only
 - Do not throw the block until your hip is on the power side sector line
 - Stop the block in front of you (gives you a great look at their hips)
 - Point to the front focal point

Throwing Anywhere, But In Sector

- Throwing out the Block Side Sector
 - Cause #1: generally it is due to being late on the entrance out of the back, causing them to go past center into “the bucket”.
 - Cues to fix
 - Get off the block side foot “get off your left”
 - When you reach a 90 degree turn out of the back, drive to center
 - Drills
 - Entrance sprints
 - Modified South Africans (NO REVERSE)
 - Cause #2: Trying to finish the throw with a bicep curl due to an improper grip on the implement
 - Drills
 - Blowing - ground and air
 - Doing all drills with the discus taped to hand
 - Drill goals: The thrower needs to learn trust of centrifugal force

Flight of the discus:

- The flight of the discus describes the path the athlete is taking with the implement.
 - **High (scooping) –**
 - Cause: the athlete is allowing the implement to drop by the body throughout the path, also upon delivery the power side shoulder is higher than the block side.
 - Cues to fix:
 - Keep the head and shoulders level throughout the throw.
 - Wrap with the wrist level to the shoulder on the power side.
 - **Low (topping it) –**
 - Cause: the athlete is breaking at the waist on the finish (butt out), their chin is more than likely tucked into their chest as well. (trying to muscle it)...usually thumb is pushing down
 - Cues to fix:
 - Refer to the warm-up exercise , hip thrust w/ twist on the power side (reverse “C”)
 - Refer to the chest as eyes...have them “see” the front focal point
 - **Wobble (the duck) –**
 - Cause#1: Type of grip...generally the athlete is holding the implement into the second joint rather than first joint
 - Cause #2: Bicep curling the finish...the athlete takes the discus out of it's desired path causing force on the implement in a negative manner.

Not using the legs: (“blowing center”)

- “Blowing Center” refers to the athlete not utilizing their legs in the throw.
 - Cause: The momentum of the athlete is driven by the block side and forcing the athlete to transfer their body weight prior to turning the power leg.
 - Cues to fix:
 - Crank the heel at center
 - “Squeeze the Box”
 - Drills:
 - Body Clock – full to power around the clock face
 - Power Leg Full throws – power or fulls finishing off the power leg with no transfer

Not using the whole ring

- Most beginning athletes struggle with using 8'...
 - Cause #1: generally it is due to the athlete standing straight up out of the back upon entrance to the throw.
 - Cues to fix:
 - Kick the soccer ball/cone
 - Exaggerate the lowness out of the back
 - Cause #2: the athlete is impatient and reaches their power leg to the center and ends up with a shortened power position base.
 - Cues to fix:
 - Let the ground come to you
 - Allow the side of the hip to reach center the same time as the foot
 - Drill: Cone kicks- 90 degrees/full position
 - Cause #3: *the athlete rushes the finish and begins to stand up prior to block leg landing...*Very easy to spot this cause!*



Questions & Comments