

Technical Differences

Rotational Shot vs. Discus

Identifying Your Athlete's Primary Event

- ▶ Common Variables to Consider
 - ▶ Athlete's opinion
 - ▶ Ability in the event
 - ▶ Physical Capabilities
 - ▶ Throwing Age
 - ▶ Coaches Knowledge

Primary Event: Discus

- ▶ What “key” qualities make a good discus thrower?
 - ▶ Height/Length (Levers)
 - ▶ Flexibility/Elastic Strength
 - ▶ Balance/Control
 - ▶ Speed
 - ▶ Aggressive Patience

Primary Event: Rotational Shot Put

- ▶ What “key” qualities make a good rotational shot putter?
 - ▶ Balance/control
 - ▶ Body awareness (Core Control)
 - ▶ Explosiveness
 - ▶ General Strength
 - ▶ Ballistic Strength

Evaluate the Differences in Technical Aspects

Similarities

- ▶ Similar pattern or pathway of the Implement (spin)
- ▶ Foot Position during the Sweep
 - ▶ Power leg leads with the ankle
- ▶ Loading Phases
- ▶ Blocking Elements
 - ▶ Depending on reverse or non-reversing philosophy of the coach

Differences

- ▶ Implement Placement
 - ▶ On you vs. Behind you
- ▶ Drive phases (7' vs 8')
 - ▶ Discus is more linear (Oval), Rotational Shot is more vertical (Circular)
- ▶ Timing Elements
 - ▶ Strike phase
- ▶ Blocking Elements
 - ▶ Reverse vs Non-reverse elements
 - ▶ Percentage of Leg involvement

Drive Phase Differences

- ▶ **Circular Sweep vs Oval Sweep**
 - ▶ Rotational shot is more vertically oriented due to a 7 foot circle and implement placement.
 - ▶ “Drive it up & out” , “lift” the ball thru the finish
 - ▶ Discus is more linear due to an 8 foot circle and implement placement.
 - ▶ “Racing” across the circle, “sprint” to the center, “chase” it out

Primary Factors that Determine Timing Elements

- ▶ Athlete's Body Type
 - ▶ Frame (height/weight)
- ▶ Athlete's Technical Strengths/Weakness
 - ▶ Technical Level (beginner, advance, master)
- ▶ Athlete's Physical Strengths/Weaknesses
 - ▶ General strength
 - ▶ Elastic/ballistic strength
 - ▶ Core strength
 - ▶ Explosiveness

Defining the Differences in the Block Side's "Job"

- ▶ The ROTATIONAL SHOT block's primary job is to help begin the shoulder strike portion of the finish creating a larger stretch reflex in the chest.
 - ▶ Why? The implement is ON you, your BODY is the lever.
- ▶ The DISCUS block's primary job is to ACCELERATE the pull or strike you have ALREADY started!
 - ▶ WHY? Implement is BEHIND you, your ARM is the lever.

Technical Difference between Reverse and Non-Reverse

- ▶ Gender Differences
 - ▶ Hip flexibility
- ▶ Body Type Differences
 - ▶ Short/Stocky
 - ▶ Tall/Lanky
- ▶ Natural Ability Differences
 - ▶ Comfort in leaving the ground
 - ▶ Level of body awareness

QUESTIONS OR COMMENTS

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