

# Developing the Jr High Thrower

*Discus and Rotational Shot*

...get them Rotating

# Jack Cheek

Lancaster Throws Coach  
Career Based Intervention Coordinator  
Math Instructor

Ohio University -Bachelors  
Ashland University- Masters

Married for 35 years to my wife Kathryn, 4 kids-Ryan, Nathan, Kim and Chet, 3 wonderful grandchildren- Paris, Kylie, and Mikey

# My Coaching Rewards

Over 30 years coaching experience

Multiple **Conference Champions**

Multiple **State Meet Qualifiers**

Multiple **State Meet Champions**

Multiple **National Meet Qualifiers**

A few **All Americans**

Just Recently, former thrower **Nik Curtiss**, a Tiffin University Thrower and now an Iowa Hawkeye, qualified and threw in the 2021 Olympic Trials

# Where did I get my Information

## **I Learned from the BEST “Light Givers”**

Doug Henwood - Lancaster RIP

Terry Oehrtman - Lancaster

Bill Nutt - Newark

Greg Jones - Logan

Kurt Roberts - Ashland

Jim Robinson - Logan

Ray Robinson - Tiffin U., Iowa

Mike Casapini - Zanesville

Jud Logan ‘The Light Giver’- Ashland RIP

...And so many other fellow coaches all around Ohio

Online- JY Throws

- Primal Throws- Elite Throws Coaching

# The *DISCUS*

The **GRIP**

The **RELEASE**

The **POWER POSITION**

The **MIDDLE**

The **FULL ROTATION**

The **DRILLS**

# The *GRIP*



# The *RELEASE*

**Bowling - Pulling the Trigger**

**Underhand with Hang Time (Be Careful)**

**Knee Throws**

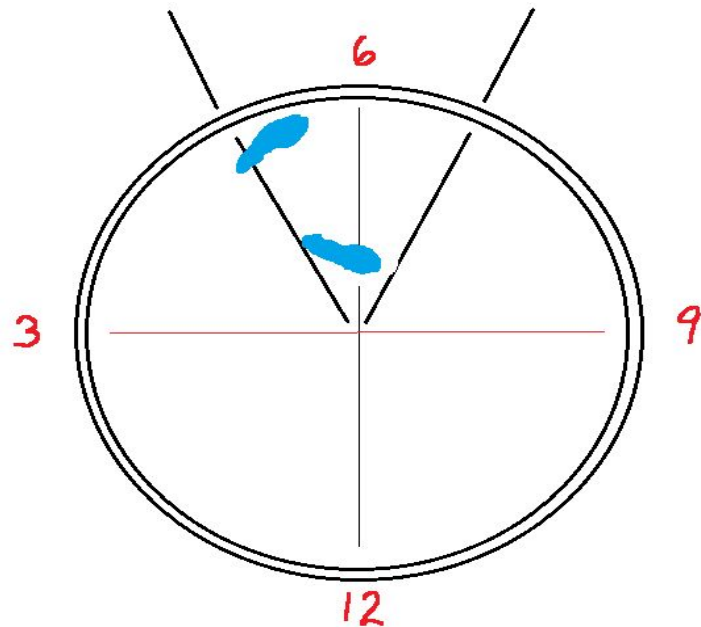
**Standing Throws**

# The *POWER POSITION*

Stance

Back Swing - “orbit”

- Long arms, read your book
- Left arm/hand takes you there



Throw - “Toe Knee Hip Slap Pull **SLAP**”



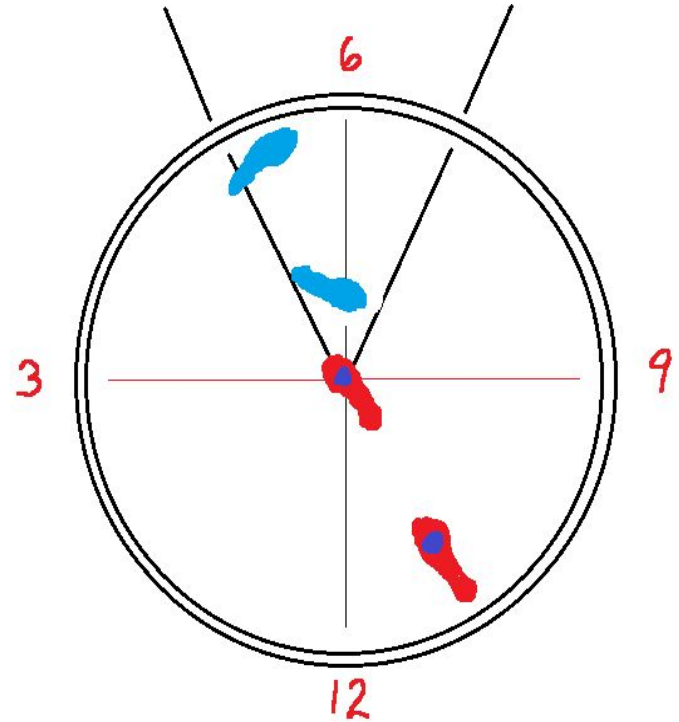
# The *MIDDLE*

## Wheels - Foot in the Middle

- posture n pivot
- long levers
- read your book
- squeeze the knees
- stay closed, wrapped

\*\*\* get to front n throw\*\*\*

\*\*\* **Toe Knee Hip Slap Pull Slap**\*\*\*



# The *FULL THROW*

**BACK to FRONT - 12 to 6**

“LEARN to PIVOT”

Left Foot

-Qtr

-half

-full

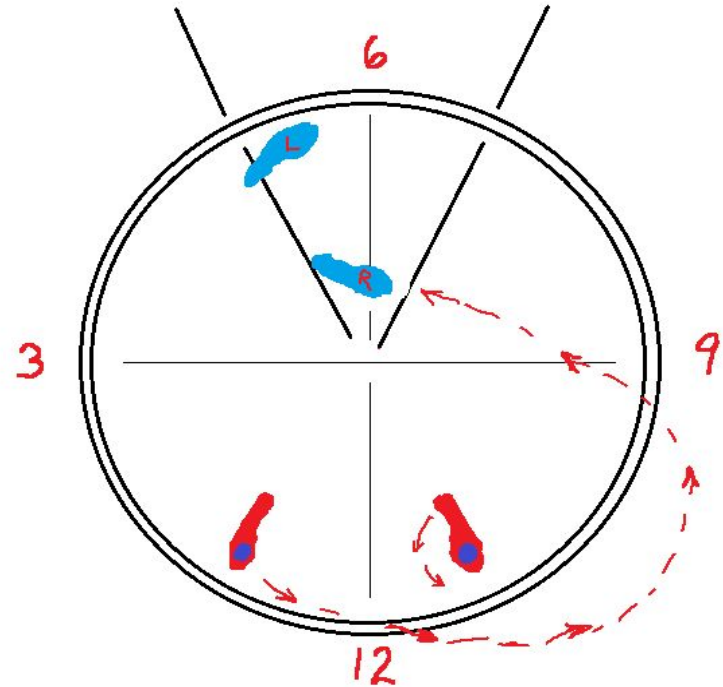
\* ride the horse

Right Foot

-half

\* squeeze the knees

***NOW FULL THROWS***



# The *DRILLS*

Pivot Drills

Wheels-Foot in The Middle Throws

Step Step Throw- South African Throws

Full Turns with Cone/Bowling Pin

Just A LOT of Power Throws

\*\*\* The FINISH- Dynamic or Non Dynamic (Reverse or Non)\*\*\*

# QUESTIONs/ANSWERs

\*\*\*\* SAFETY FIRST\*\*\*\*

-set the rules, procedures for throwing area

Contact Information

Jack Cheek

740-438-0625

\*\*\***Keep in Fun**- Target Practice, Golf, Bowling...

# *The ROTATIONAL SHOT*

The **GRIP**

The **PLACEMENT** - behind the ear

The **RELEASE** - The Flick

The **POWER POSITION** - more vertical than Glide Shot

**LEARN to PIVOT** - with great posture and balance(similar to Disc)

The **MIDDLE** (similar to Disc)

The **FULL THROW** (similar to Disc)

The **DRILLS**