

GLOBAL THROWING

Discus Training Practical

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GLOBAL THROWING

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The Basics

1. Speed of release
2. Flight of discus
3. Connection to the ring, double support

LRLR Concept

▶ Left, Right, Left, Right: 1.....2,3...4

1. Turn left foot, left knee drop, strong left hip
2. Sprint with right leg/hip towards left sector
3. Come off left foot just before the right lands in the middle and get it down in the PP quickly
4. Turn and push with right leg, forward

The Four Step Approach

- Standing throw. NR and R
- Step and turn drill. NR and R
- S-African drill. NR and R
- Full throws. NR and R

Swing



- **Stance:**
- **Connection:**
- **Shoulders:**
- **Weight shift:**
- **Separation:**

Comfortable
Discus to left foot, hip
Square
Right, middle, left
Hip, shoulder, shoulder, discus

The Swing

- **Energy drills** - your own preparation routine
- **Swing drills**
 - feet fixed
 - knees apart
 - hips strong and stable
 - shoulders level
 - **path of discus**
 - **center of gravity, left, center, right**
 - breathing, relaxation

Turn



- **Connection:**
- **Left foot:**
- **Right foot:**
- **Position:**
- **Thinking:**

Left foot hip/shoulder axis and right leg
Low with heel
Off toe without turning
Upward C
Under the left arm, slightly backwards

The Turn

- **Degree drills** - 90-180-270-360, R/L
- **Pivot drill left foot** - Push out with right leg
- **Pre turn drill** - From static, strong hip
- **Baby drill** - Hold the baby
- **One arm drill, L, R** - Turn with one arm out

Sprint 1



- **Attacking position:**
- **Left foot, hip:**
- **Right leg:**
- **Discus:**
- **Shoulders:**

Right leg out, left knee drop
Turn, lift heel, strong hip
Wide, open
Low, behind butt
Square

The Sprint 1

- **Walking drill** - Foot, hip, left knee, right leg
- **Sprint drill** - Linear wall
- **South African drill** - 1.....2,3, NR & Reverse
- **Coffee cup drill** – Arms off
- **Modified South African drill** - Run into the PP
- **Focal point drill** - Straight ahead or left sector
- **Path or Orbit drill** - Walking, sprinting, NR, R
- **Right leg drill** - Walking, sprinting
- **Left leg drill** - Tschienne Drill

Sprint 2



- Air time:
- Left knee:
- Left leg:
- Both legs off:
- Right arm:

Regular sprinting
Push down
Push off
Shoulders square
Low behind butt

The Sprint 2-3

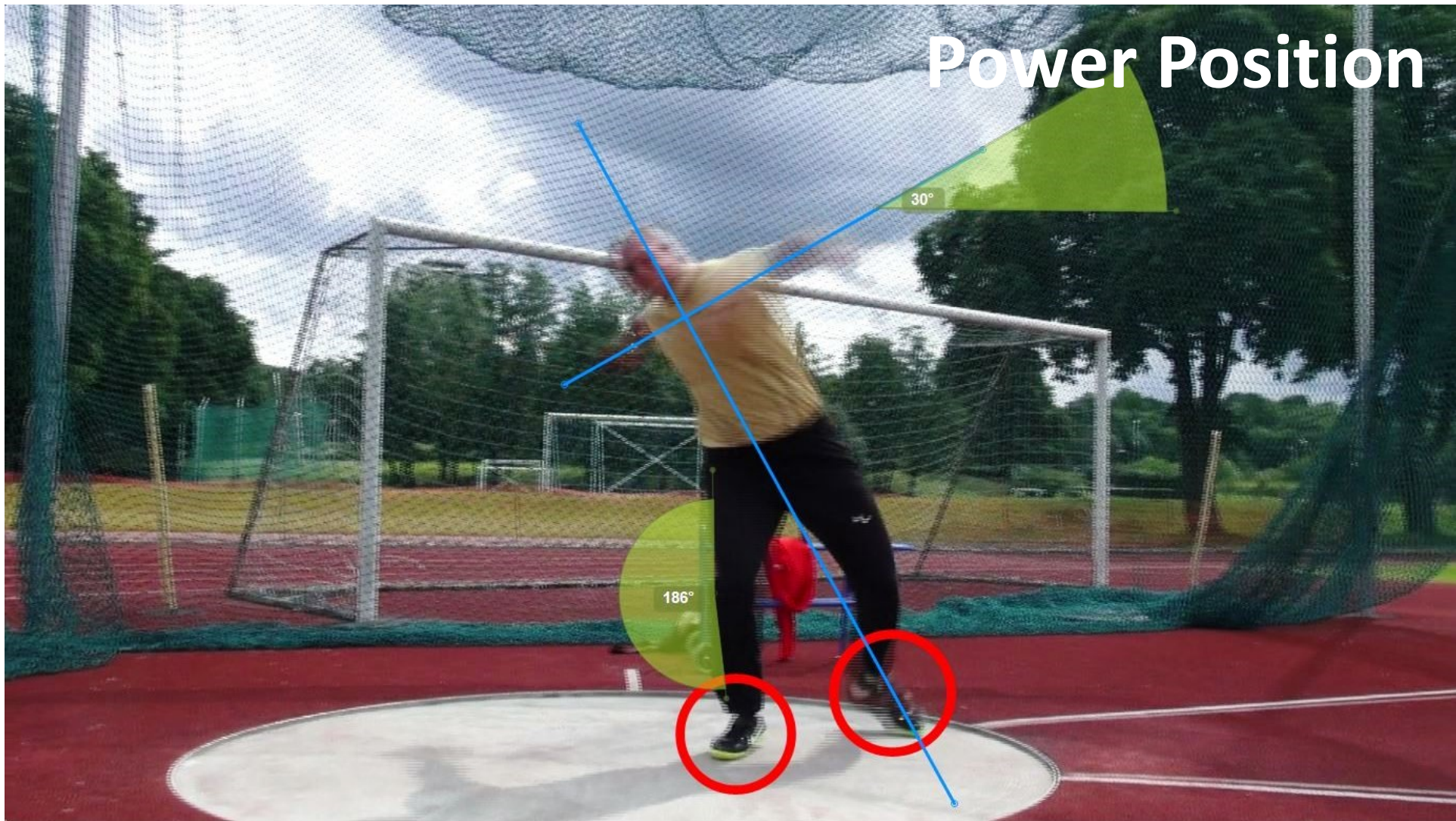
- **Half Turn or Step and Turn - None reverse, reverse**
- **Linear walk on a line with stop - Upper body back**
- **Linear walk on a line continues - Balance beam**
- **Linear sprint on a line with a stop - 1.....,2,3**
- **Linear sprint on a line continues - Balance beam**
- **Partial drill 1-2 - walking**
- **Partial drill 1-2 - sprinting**

Sprint 3



- Landing right:
- Wrap:
- Left leg:
- Right foot:
- Arms:

Orbit high
Action / Reaction
Moving up and down
Landing on toe
Bridge



Power Position

- Power position:
- Right arm:
- Hips:
- Left foot:
- Right foot:

Separation to discus, left side
Over shoulder
Strong
Open
On toe

The Power Position

- **Pivot, push drill right foot - Sequence**
- **Movement of left leg - Narrow, wide, high, low**
- **Pre power position drill - Path training**
- **Partial drill 1-4 walking - None reverse, reverse**
- **Partial drill 1-4 sprinting - None reverse, reverse**



- **Speed:**
- **The release:**
- **Block:**
- **Ground contact:**
- **Shoulders:**

Forward
Automatic reaction
Hit the brick wall with left side
Until discus leaves hand
Square

The Release

- **Release contact drill** - None reverse, reverse
- **Flight Drill** - Up, horizontal
- **Standing Throw** - None reverse, reverse

Release 2



- **Fight the reverse:**
- **Think linier:**
- **Reverse:**
- **Never foul:**
- **Throw far:**

Think none reverse

Forward

Come down on your heel, tall

In practice or meets

Ha,ha

More Drills

- **Backwards drills** - Coordination, fun
- **Left arm drills** - Coordination, fun
- **Speed drills** - Different variation + 25%
- **Slow motion drills** - Swimming pool imitations
- **Mirror drills, video analysis** - Student of your event
- **Throw for height, target** - Warm up, fun
- **Dry Spins** - Mirror, repetitions
- **Combination drills** - Different variations

Discus School Steps 1-5

- **STEP 1** a. Regular walking forward
b. Regular walking backwards
- **STEP 2** a. Walk forward with arms out from the body
b. Walk backwards with arms out from the body
- **STEP 3** a. Walk forward with left arm forward and right arm back
b. Walk backwards with left arm forward and right arm back
- **STEP 4** a. Walk right left, right left alternate arm movements
b. Walk backwards with same alternate arm movements
- **STEP 5** a. Cross over walk with arms out front and back
b. 90 degrees walk forwards and backwards

Discus School Steps 6-10

- **STEP 6** a. 180 degrees walk forwards and backwards on left
b. 180 degrees walk forwards and backwards left and right
- **STEP 7** a. S-African walk forwards
b. Step and turn walk forwards
- **STEP 8** a. S-African jump forwards, 1----2,3 with side facing forward
b. S-African jump with chest forward, 1----2,3
- **STEP 9** a. 90 degrees stop+S-African
b. Full with back facing front, stop in power position
- **STEP 10** a. Full without reverse
b. Full with reverse
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