The Discus Part I

Basic Discus Drills 101
By Mark Mirabelli, Throwing Specialist - www.mmtrackandfield.com

The following discus drills and technical steps that I have used over the past 37 years of coaching the discus is what has worked for me and my throwers making them consistent and competitive. I hope that you will take with you some new drills and knowledge that I will share with you today and be able to apply it to your own teaching style.

In order to be a successful thrower in the discus one must incorporate three major attributes; flexibility, strength, and speed. All three should be stressed during the off-season as well as during the entire post –season. The words "balance "between all three must be always be stressed.

Flexibility: (all stretches are done with a partner using an eight count progression)
- Legs together
- Legs apart
- Head to middle
- Straddle- push leg back, resist (1,2,3,4,resist 5,6,7,8)
- Upper groin – lay on stomach, place hands under knee with ankle under armpit
- Butterfly
- Trunk turns

Upper Body:
- Sitting down- palms facing forward count the same as above
- Hands behind head
- Right and left arm triceps stretch
- Trunk twist & lower back pull backs

Discus Drills:
A major must to be the best!

Grips & Release
> Hold the discus letting the rim rest on the last joints of your fingers. The thumb should rest on the top of the discus face so that you have better control. The discus is always released clockwise out of the hand and index finger, creating a smooth spin.

Helpful Drills:
- Flip drill
- Bowling drill
- kneeling throws : double & single leg (PVC)
- Basketball single leg throws 2x10
- Power throwing Pipe Throwing 2ft. 2x10
- Power throwing Pipe Throwing 1ft. 2x10

Half turns:
- Lift right leg up pivot and hold (shoulders square after pivot)
- Come across and hold open up in slow motion (chest hitting wall-right eye seeing release)
- Throw 2x10 (thrower over a cone based on throwers distance)

South African:
- One touch pivot (come across and Hold)
- Two touch pivot (come across and Hold)
- Bungee cord for each drill tied to belt
- Tape discus to hand and repeat drill
- SA (south African) cone attack 2x10
- SA Skips with cone and release
- Right leg sweep drill
- SA pivot and attack wall 2x10
- SA left leg attack drill
- Full turns with 45 lb. bar or javelin
- Full turns with discus taped to hand 2x10 or more as needed
- 360 turn …come across and hold
- Press and pivot over the head

Use various implements to reinforce the above movements such as javelins, baboon poles, pole vaults, and PVC pipes, all of the above drills will increase balance and correct body movements and better COG throughout the rotation in the circle.

Notes:
You can purchase the Mark Mirabelli DVD Throwing Series: http://www.mmtrackandfield.com/
Join my Facebook page at the Mark Mirabelli Throwing School. Like my page and receive weekly drills in the throws.

Part II   Analyzing the Throw

After repeating each drill daily it is time to go from part to whole. Because your thrower has worked daily on all these drills it is time to put it all together. Your throwers muscle memory has been established to a comfortable point where the second phase is now ready to be taught. Remember to use simple terminology that your throwers will understand during each workout.

A. Pivot the left side -keep the left arm shoulder level only pivoting the left foot
B. Eyes panning the horizon at all times for balance
C. Arm pit over the left kneecap (repeat drill)
D. Sweep right leg out keeping left arm out as you sweep across (smack drill)
E. Jump across the creek landing on the right foot to start the pivot at 90 degrees
F. Never stop pivoting the right foot forward
G. Hips must always be ahead of the shoulders maintain throwing arm behind the right throwing hip as you start to drive up and out
H. Get the left foot down quickly so that you can drive up and outwards with the chest hitting the wall
I. smack release of the discus
J. make sure the throwers right eye can peripherally see the release of the discus

LOCK – PIVOT- SMACK

Men's Discus

Mac Wilkins
USA

221'7" 67.54m

1976 Olympic
Gold Medal