

1-2-3 Throw...Rhythm drills

The purpose of this drill is to establish rhythm when throwing. Doing many drills of different types could sometimes make you very mechanical so adding rhythm drills works wonders. Nothing changes with the technique.

Sequence should be:

1. drive out of the back with your left
2. Drop on left and hit the middle of the circle with your right
3. Block your power with your left

....Throw

Make it like a dance keeping your body very relaxed leaving the Discus way behind.

