

### **3-Hop (Gordien Drill)**

It teaches the brain to "find" the dynamic balance point and it cures a LOT of things (going TOO fast...missing positions ect.) There are a multitude of ways to do this...hands on hips...pvc pipe/broom handle on shoulders...for the STUBBORN (Scottish types) an Olympic bar either on the shoulders or overhead...attempt to come into the double support on your dominant foot (right assuming your rt. handed) and try to hop (\*\*\*)IN PLACE) in a good POWER position (classic straight line from the post leg to the head...chest over the right leg) This seems to be a great one for teaching this DYNAMIC BALANCE position and I've had a lot of success over the years with immediate RESULTS after doing this...we had an un-named Jr. in high school come out for a clinic and he IMMEDIATELY threw 4-feet past his 58' p.r. after about 5-8 reps...he threw 60 + the next week...and I swear he hit a discus throw 20+ past his current discus p.r. as well! Try it out and see?  
coach mac~

### **3 hop drill**

I believe Coach Mac is in transit to this weeks meet, I will endeavor to describe the drill as he taught it to me and my throwers.

Turn out of the back as you would on a normal discus throw, when you hit the center allow yourself to settle and continue turning by hopping three times on your pivot foot until you are in the power position and then deliver!

It is amazing what you discover about balance and body awareness when you do this. The first couple of days I had my throwers do it I had one guy get so frustrated he just walked off the field muttering to himself. If you do this, remember IT IS A DRILL and not designed to provide long throws like an SA drill. Big benefit is for guys who rush themselves to the front, this forces the thrower to find the middle and be balanced.