

# Diagnosing the Discus

## Introduction:

- a) Pat Kostecka-Chewelah 23 yrs/Drew Ulrick Ranked 7<sup>th</sup> USA  
Coaching is way more than getting athletes to be better at the sport we coach. It has always been a passion of mine to help athletes believe in themselves and to watch them mature as young adults. Throwing in many ways is like life. There are lots of mountains to climb and valleys to cross. The reward is when you see that smile on their faces that say "I feel good about me". Whether a state champion or a 50' thrower the smile is the same.
- b) Topic today is how to diagnose problems in your athletes technique, where to diagnose the origin of the problems, and drills to help solve those problems.
- c) First we need to talk about proper technique. We will break the throw down into four parts: Start, Sweep, Middle, and Finish.
- d) Then we will address common problems with the finish and trace them back to their origin.
- e) Finally we will explain how we organize practice on a daily basis then allow for a question and answer time.

## The Start:

- a) Turn left side.  
Always with a broom stick.
- b) To the corner: develop axis, and balance.

- c) Wide right leg.
- d) Left arm control.
- e) Controlled head.

**Drills: balance 90-180-360-more if possible.**

### **Sweep:**

- a) Right foot open.
- b) Throwing arm back.
- c) Controlled left side of body.

**Drills: 180 degree turns down line. Always with stick.**

### **Middle of the Ring:**

- a) Get off left foot when right foot passes it while keeping right peck back.
- b) Slow left side rotation by keeping throwing arm and left shoulder back.
- c) Hips must rotate keeping discus down the right sector line.
- d) Left knee accelerates and comes close to the right knee.

**Drills: 180 degree down line drill, pause, then left leg through.**

**Same drill without pause.**

**Same drill continuous for three full turns.**

**Same drill but with two skips then full turn continuously.**

**Left leg drill. Weight on right leg. Continuous 180.**

**Same Left leg drill but weight back on left leg.**

**Fast feet line drills.**

### **Finishing the throw:**

- a) Both legs bent.
- b) Relaxed throwing arm.
- c) Right foot, knee, and hip turn on a dime.
- d) Left arm blocks.
- e) Turn body up and around the throw making a full rotation.

**Drills: Right hip drill.**

**Finish drill.**

**Finish problems and how to diagnose point of origin.**

- a) Discus too low.
- b) Discus too high.
- c) Discus goes right.
- d) Discus goes left.
- e) Discus plowing.
- f) Technique not bad but discus not flying far.
- g) How to deal with the wind.

**How practice is organized on a daily routine.**

- a) Warm up jog.
- b) Complete stretching active and static.
- c) Sprints every day. Usually 6-8 at 50-75 meters.  
**Big emphasis on starts out of the blocks.**
- d) Standing throws.
- e) Left leg through throws.
- f) Rotary South African Throws.
- g) Full Throws.

**Question and Answer Time:**