

Pivot Walk through throws with block

The purpose of this drill is to establish the proper pivot with your right foot...block your power....then throw.

Never let your body and chest lean forward or dive into the throw...Keep your body straight and upright. Your right leg should be your center of gravity and your body should pivot around it as if it was nailed into the ground.

Note the smooth motion of the upper body while the lower body pivots...the discus stays back behind the hip then the left leg blocks so the throwing arm could follow through releasing the implement.

Again wait for your body to block before you start to throw. Sequence should be: pivot....block....throw.

