

Scooping



The final 'fling' is led by the right hip drive initiated by the right foot. Many throwers allow the right (rear) foot to ground upon landing which causes a poor late hip strike and makes the throw arm dominant. Note how Schmidt keeps the discus on a wide radius since letting the discus drop (scooping) will reduce the distance thrown. It is important to keep the shoulders as level and balanced as is possible to avoid 'scooping'.

- 1) The athlete drops his/her arm below shoulder level. When the thrower does this a scooping action begins. We don't want this coming into the throwing motion because it becomes a hard habit to break later. So get the thrower on the proper road early.
- 2) Wrist-up- This will happen if the scooping action becomes part of the throwing motion. Usually happens when the athlete tries to get artificial height on the throw. Make sure the arm is coming straight across the body at shoulder level. If the wrist is up the discus is no longer on a flat plain and will be adversely effected by the wind.

Larry Judge

The thrower should block vigorously with the left arm to accelerate the throwing side of the body as the discus is released.

The discus is released from the fingertips at a 39 to 42-degrees angle with a violent lifting action. It is important to keep the feet in contact with the ground until the discus is released so that as much force as possible can be applied to the implement. Common problem in the release: The thrower, in attempting to move rapidly out of the back of the ring, will drop his throwing arm and pull it toward his body, producing a "scooping" motion.

High Pulls Drill

Equipment: Discus.

Purpose: Work on a level and high arm release, prevent scooping and dropping of the arm and turning of the hand.

Description: From the pivot position, the athlete reaches back with the discus and pulls the discus up to the shoulder height for release on a level plane out from the shoulder. There is no concern for distance or power in the throw with this drill. The sole concept is to raise the arm to a higher level, and if executed properly, the discus will go straight out from the shoulder and down towards the ground.

Common Errors:

1. Not lifting the arm immediately from the back of the arm swing causing an unlevelled release position. This causes the discus to not leave the hand in the desired flat position.
2. Leaning too far forward rather than maintaining an upper body back position up to the time of release!
3. Dropping the non-throwing arm side of the body, so that the shoulders are not square to the area of release.
4. Releasing too late or too soon so that the discus does not travel in a straight forward direction.

1) "Scooping" the discus

The throwing arm should be kept at approximately 90 deg from the torso at all times. Lowering the to much, ie the discus in the body, leads to the dreaded scooping.

Scooping is when the athlete throws at an angle much to high (closer to 90 than 40-45 degrees).

This can be caused by dropping the left shoulder during the turn across the circle which leads to a loss of balance which can cause the athlete to look up and away from the discus quickly. Make sure the thrower's shoulders are square during the throw

Norm Zylstra

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re. Scooping

To fix a scooping throw I always start with the location of the high-point in the orbit. Often, when the thrower is scooping the high-point is late, making the low point late and causing the scoop.

The simplest solution I can think of is to do some turns with a broom handle on your back, and both arms wrapped around the handle. If you keep "scooping" with the right arm (it will be obvious, since the right arm will drop, and the left arm will go up, and you'll be terrible uncomfortable), then the problem is not the arm, it's the body positioning - you've developed a lean at the waist. And if it just turns out that while you are holding the broom, you are in good position, then it is just the arm, and the easiest way to fix it is by just continuing to do turns with the broom handle. This will reteach the right arm where it needs to be when throwing discus.

What are some ways to stop scooping the discus at the end of the throw

Video yourself throwing, most people I know who scoop do one of two things
1 they carry the discus next to their ass, concentrating on keeping your arm up cures this
2 while attempting to push their hip through they throw their heads back, looking straight up and hence drop shoulder, arm and scoop.

A common error that can be adjusted.

This is common in throwers that enter the middle not in position to rotate and move on though the middle with the right toe. It is important that the middle be fast and the right foot maintain rotation through the middle.

If a thrower REACHES for the middle the right foot rotation decelerates (weight behind middle leg) thus minimizing discus speed, upper body catching the lower body thus creating a scooping throw. Furthermore, the slow right foot is not effective in moving the right side through the power position and onto the left leg block pulling the discus continuously through the throw.

1) Enter the middle ready with a bent right leg ready to rotate.

It is easier to turn the right leg if you are over it and not behind it/past it.

2) The upper body can catch the lower body in an instant if the middle is not effective and rotating.

The concept of maintaining torque in the middle is difficult and keep the "X" as John Powell would say into the power position and finish the throw onto the left side block.

I have found that scooping can also be looked at from an orbit point of view. Make sure your orbit has a low point behind your right foot when in the power position. You want a low point that sets up a high point at the proper release point when you block. I, and many other throwers learned to scoop the discus to get a good flight by leaving the outside rim down. However, you can't get a good stretch reflex with your arm down there. Just try to do dumbbell flys with your arms at a 45 degree angle with your body versus a 90 degree angle. You can feel the difference in flexibility and strength

Jason Tunks

There has been a lot of talk with this.....1st the "high" point of the discus should be at start of delivery.....to create the longest possible pull. If your discus is behind your hip while doing stands.....there is no way you can get a stretch reflex or long pull as it is known....you will turn and SCOOP it....the only way to get it is the air.