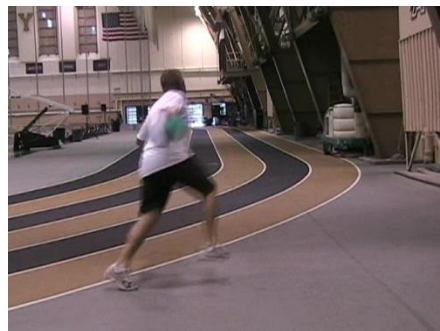


South African throws with block

The South African drill is actually a 3/4 spin. Its purpose is to let the thrower feel the sprint out of the back into the power position then blocking hard with the left side.



Too many athletes use this drill to see how far they could throw blowing by the block and fouling out of the circle.



When done correctly this drill should feel effortless.

Sequence should be:

discus back....sprint off the left...pivot around the right....block with the left.....throw.....reverse your body staying in the circle.

