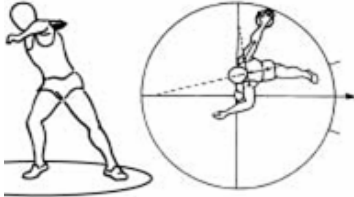


Standing Throw....Power Position:

Start by standing in the circle with your non-throwing side facing the sector.



Place the discus in your hand and your non-throwing arm should be out and in a relaxed position. Begin by stepping into the middle of the circle while turning or “torquing” your body so your head, arm and shoulders are facing back. Your

body weight should now be shifted to your power or back leg. You know you are in the correct position if you are able to lift your front leg and tap it while staying balanced and powerful on your power or back leg....as if you are able to do a one legged squat.

When you feel comfortable and in the proper position begin by swinging your throwing arm back and forth in a relaxed rhythmic motion remembering to keep your throwing arm straight. You will

start to feel the discus being pressed into your fingers...this is the result of centrifugal force



Once you feel rhythmic start driving off your power or back leg while thrusting your hip forward ahead of the discus. At the same time your head and eyes are looking up towards the sky. You are now in what we call the “C” position.

Once in the “C” position now you could start to establish your block. The block happens when your front leg stops the power you have created from the drive off your back or power leg. At the same time your non throwing arm should be pulled out towards the side of your body. Note that the chest is out and your head is looking up.



Finish the throw by slinging the discus out away from the body towards the throwing sector. Stand tall and maintain a fluid motion with the throwing arm until it is fully extended remembering to snap the wrist and squeeze the discus.

Once you have successfully created your block and your body has fully extended out into the throw you can now reverse or switch your feet in order to stay in the circle and not foul. Always remember the reverse or switch of your feet is not part of the throw but only a reaction to the forces and torque that you created throughout the throw.

