

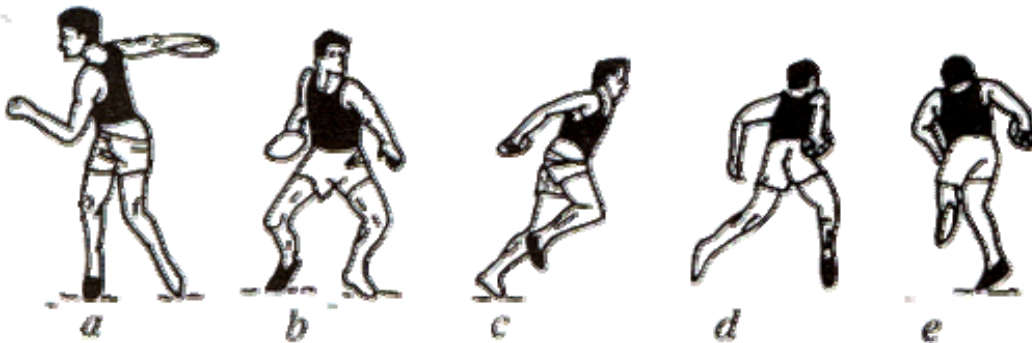
Discus

The hold

- Place the left hand under the discus for support
- Place the right hand on top of the discus
- Spread the fingers evenly but not stretched
- The first joint of the fingers curling over the rim of the discus.
- Do not to grip the discus
- Allow the discus to rest on the first joint of the fingers with the tips of the fingers over the rim.



Throwing Technique



- Figs a & b
 - Adopt a shoulder width stance and perform preliminary swings
 - Keep everything very long to provide maximum possible radius on the discus
 - Body weight in the middle of the stance
 - Aim for chin over knee over toe on the left leg
- Fig c & d
 - As the right foot leaves the ground the weight must be over the left leg
 - Discus kept high and relaxed, trailing behind the hips
 - Swing the right foot wide of the left foot into the centre of the circle
- Fig e
 - On grounding the right foot pivots on the ball of the foot
 - Keep the left foot low and fast



- Fig f
 - Discus held high and back
 - Keep the shoulders level and balanced
 - As the right foot lands aim for a chin over knee over toe on the right leg
 - Keep the left foot low and fast
- Fig g
 - Real power position is at the moment the left foot makes contact with the ground
 - Left arm points in direction of the throw
 - Right foot pivots
 - Left side of the body is braced
 - Drive the right hip forward
- Fig h
 - Right hip has been driven forward - note the "bow" position
 - The right arm is long and relaxed ready to strike
 - Left side kept firm and braced
- Fig i
 - The right arm comes through fast and last
 - The release angle (angle between the horizontal and the right arm) for the discus has to take into consideration aerodynamic lift and drag. The optimum angle for the discus is about 35 degrees (Bartoniets, 2000).
 - Left foot is kept grounded until well after the discus is released