

This DVD is the first in a series commissioned by Victorian Little Athletics Association Inc (VLAA) to raise the level of basic skills in young athletes in Victoria. This series is for the beginner athlete and parents to attain a competent level of expertise in the featured event.

This DVD covers skills ranging from how to hold the discus, through standing throws and then a progression of turns. It also provides some basic discus drills and a overview of the current regulations in place for VLAA discus events.



Discus is the first DVD in the Coaching Young Athletes series
Produced by Spinrite Pty Ltd in association with
Victorian Little Athletics Association Inc.
with assistance from KidsKlix



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Coaching Young Athletes - Discus

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Coaching
Young Athletes
Discus

