



ESSENTIAL ELEMENTS OF THE THROWS – SESSION 3 DISCUS

GETTING THE MOST FROM YOUR ATHLETES.

The background is a blue gradient with white circuit-like lines in the corners. The lines consist of straight segments and small circles, resembling a network or data flow diagram. The lines are most prominent in the top-left and bottom-left corners, and less so in the top-right and bottom-right corners.

MY BACKGROUND

3 MAJOR THEMES

- No balance, no throw
- Positions generate power
- Drill, drill,drill

- Expand your tool box
- I hope everyone's tool box increases by the end of these 3 lectures.



THROWS CIRCUIT

- Early season throws circuit allows the throwers to get in "Throws Shape" while hitting and stretching the throws muscles not necessarily being hit in the weight room.
- 6 different stations doing various jumping, torso and upper body exercises.
- Demonstration-participation is appreciated 😊

SESSION THREE: DISCUS THROW

☛ Same dynamic stretches and movements

✗ Throwing devices- 5 and 7 lb plates, pipes, and bowling pins.

🕒 Bowls and pop-ups, stands, wheels, wheel wheels wheels, 360 degree and return to original position, full movement.

✓ Will demonstrate. with path way of the discus, angle of the discus and height of the discus.

🕒 Always pay attention, to the rhythm and timing of the event. Sweep -dah dah -thwap!

💡 Remember: positions generate power.

❓ Questions.....

- <https://youtu.be/aaSccl8A9EM> (Perez)
- <https://youtu.be/pdqliEA1HKQ> (Caballero)
- <https://youtu.be/Hkyl-Ur9xp4> (Kanter)
- <https://youtu.be/4Q5iWYLggo8> (Riedel)

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- The background is a dark blue gradient. In the corners, there are white, stylized circuit board traces with circular nodes, resembling a network or data flow diagram.
- Thank you for your attention and participation.
 - **GOOD LUCK** with your throwers!!!

-Coach Roland Desonier