

# Developing a Training Model for the Discus

Nick Garcia

Notre Dame High School

Sherman Oaks, Ca

# Major Influences

- Glenn McAtee
- Dan Lange
- Vern Gambetta
- Derek Evely
- Martin Bingisser
- John Godina
- Art Venegas

# Introduction

- Education and Certifications
  - Education (California State University, Northridge)
    - M.S. Kinesiology
    - B.S. Kinesiology
- Certifications
  - C.S.C.S.
  - IAAF Level 5 (Throws)
  - USATF Level 3 (Throws)
  - U SA Weightlifting

# Introduction

- Current throws and strength coach, Notre Dame High School.
- Master Instructor for John Godina's World Throws Center
- More than 30 boys over 50 feet in the past 10 years. Two girls over 49 feet.
- Last year 6 guys threw over 51'10 and 2 girls over 49'.
- CIF Champion in the Discus
- Many CIF Discus Finalists

# Coaching Points

- Develop a System
  - When you have a system your program begins to run itself while you get to coach.
  - All of your athletes will have specific characteristics in their technique in which you put there. Like a Stamp of Authenticity
- Be Structured
  - Practices, Weight Room Workouts will run far more efficient and results will be far better with structure.

# Typical 2 Day Block

## **Monday**

- Warm Up
- Plyos
- Throw
- Lift

## **Tuesday**

- Warm Up
- Sprinting
- Throw
- Med Ball
- Lift

# The Technical Model

- Month #1
  - Day #1
    - Front of Ring
  - Day #2
    - Back of Ring

# Front of Ring

## Square Position

- Double Extension
- Double Extension w/  
Rotation
- Add Med Ball
  - Vertical Throw



# Front of Ring

## Teach Power Position

- Feet Together, Step Out
- Double Extension w/  
Rotation
- Add Med Ball
  - Vertical Throw

# Front of Ring

## Wheel Position

- Wheel/180
- Wheel/180 – Pause – Vertical Throw
- Wheel/180 – Vertical Throw

# Front of Ring

## Falling Wheel Position

- Falling Wheel – Pause – Vertical Throw
- Falling Wheel – Vertical Throw

# Back of Ring

## Front Squat Position

- 90's
- 180's
- 360's
- 540's

# Back of Ring

## Starting Position

- 90 to Wall
- Full to Wall
- 90 to Power Position
  - Pause
  - Vertical Throw
- Full to Power Position
  - Pause
  - Vertical Throw

# Middle of Ring

## Transitional Drill

- Jump and Land in Power Position
  - Tony Ciarelli

# Teaching the Reverse

## Reverse Progression

- Stand Throw
  - Position 1
  
- Switch Feet
  - Position 2
  
- Swing Around
  - Position 3

# Teaching the Release

## **Grip**

- Two Fingers
- Spread



# Teaching the Release

## Delivery

- Bowling
- Baby Baby Big
- Skip Drill

# Putting it Together

- After 1 month we transition to doing day 1 and day 2 drills in the same day.
- We also mesh the throwing workout with the drills
- Repetition w/precision

# Good Resources

- GAIN: Gambetta Athletic Improvement Network
  - June 17<sup>th</sup> – June 21<sup>st</sup>
  - Houston, Texas
  - [thegainnetwork.com](http://thegainnetwork.com)
- John Godina's World Athletic Center

# Thank You

- [Nick\\_g\\_garcia@hotmail.com](mailto:Nick_g_garcia@hotmail.com)