

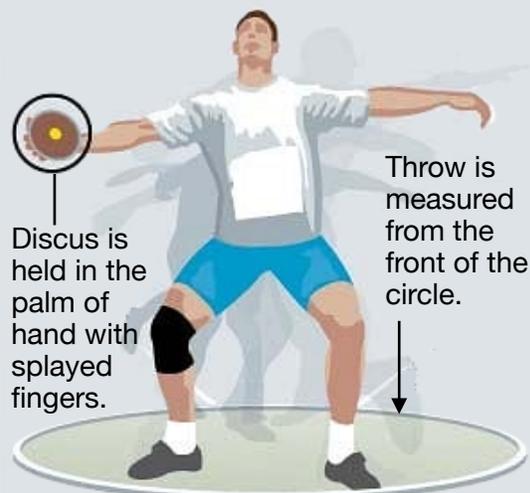
Throwing | Discus

The discus is a weight that is shaped like a flying saucer. Athletes throw the discus using a sidearm slinging action.

- ◆ **Grip:** The discus is held in a very loose grip with only the finger-tips wrapping over the edge. Centrifugal force will bring the arm up and press the discus into the fingers without the athlete having to grip the lip of the implement.
- ◆ **Power Position:** The thrower starts with feet shoulder-width apart and aligned heel-toe with the direction of the throw. The knees and hips are slightly bent. The athlete begins by holding the discus with two hands in front of the body.
- ◆ **Wind Up:** As the thrower begins the windup, his/her body weight is shifted back away from the direction of the throw and the athlete rotates the back towards the middle of the impact area. As the discus moves back, the non-throwing arm lets go and extends out for balance. The throwing arm swings the discus up and around the back of the body.
- ◆ **Throw:** The throwing motion starts with the lower body. Athletes must use the legs and hips to generate most of the initial movement. The arm should be very loose and whip around the body in the final stages of the throw.
- ◆ **Release:** To get the discus to fly, an athlete must release it out of the front of the hand with an aggressive follow-through that includes flicking the hand to get the implement spinning.

ADVANCED TECHNIQUE

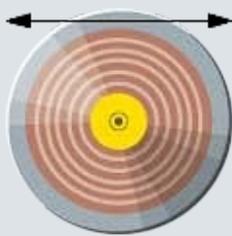
Athlete spins across the circle to gain momentum.



Start position at the back of the circle.

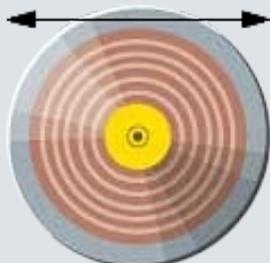
DISCUS SIZES

Women's/Youth
180mm



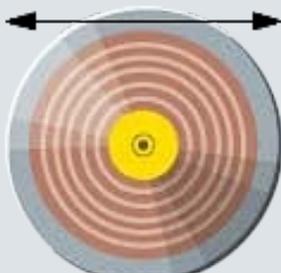
Weight: 1kg

High School Boys
209mm

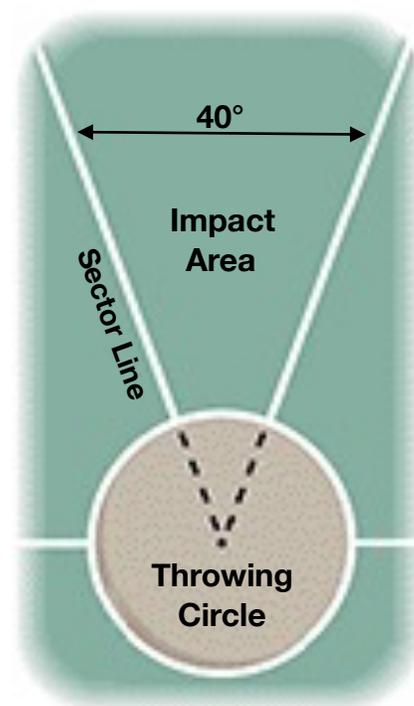


Weight: 1.6kg

Men's
220mm



Weight: 2kg



World Records in the Discus

Division	Distance	Name	Division	Distance	Name
Women	251'11.5"	Gabriele Reinsch	Men	243'0.5"	Juergen Schult
Girls 9-10	N/A	N/A	Boys 9-10	N/A	N/A
Girls 11-12	122'10"	Amber Curtis	Boys 11-12	133'10"	Daniel Richardson
Girls 13-14	143'4"	Kennedy Blahnik	Boys 13-14	194'4"	Anthony Dudley

How to Practice At Home

Helpful Drills

Split Squats

- ◆ Stand with one foot in athletic stance in front of the other, as if you were going to break into a run.
- ◆ Squat down partially.
- ◆ Jump in the air, switch the front and back feet in mid-air, then go right into the next squat.
- ◆ Repeat continuously for 3 sets of 10 reps.

Bank Robbers

- ◆ Stand up against the wall with your shoulders and elbows bent at 90 degrees.
- ◆ Hold the back of your head, shoulders, forearms, hands, butt, and heels against the wall.
- ◆ Slide your arms up and down the wall keeping everything in touch with the wall.
- ◆ Repeat 20 times.

Discus Bowling

- ◆ Get a partner and stand 15-20 feet apart from each other.
- ◆ Roll a practice discus or frisbee back and forth to each other, trying to get the implement to roll straight to your partner.
- ◆ Be sure to spin the discus off your index finger to ensure a more accurate roll.

Equipment

MPower uses a discus rated for youth and women.

- ◆ Weight: 1kg
- ◆ Diameter: 180mm

Discs can be sourced easily and inexpensively online. You can find ours [here](#).