

# Building A Foundation For Your Discus Thrower

By Jeré Summers

## Today's Agenda

- ▶ My Journey
- ▶ The Technique
- ▶ Weights
- ▶ Recovery
- ▶ Coaching Relationships
- ▶ Athlete's Needs
- ▶ Practice and Season Structure

## My Throwing Journey

- ▶ How the heck did I get stuck here?
- ▶ Contributions to my success.
  - ▶ Relationships
  - ▶ Encouragement/Support
  - ▶ Naesayers
  - ▶ Repetitions and the opportunity to develop my own style.

## Technique

- ▶ Power
- ▶ Drills
- ▶ Reverse
- ▶ Block
- ▶ Competition Modifications

### Weights

- ▶ Does your thrower need to lift?
- ▶ Is strength helpful?
- ▶ Technique and coordination are the rulers of the discus, strength acts as an synergist.

### Weights Continued

“We are throwers who lift!”

- ▶ General strength
- ▶ Coordination
- ▶ Power
- ▶ Dynamics
- ▶ Leg Strength
- ▶ Core Strength

### Weights Continued

- ▶ Calisthenics
- ▶ Medicine ball circuits
- ▶ Jumps (Jump rope, boxes, body weight circuits)
- ▶ Flexibility
- ▶ Snatch
- ▶ Cleans
- ▶ Push ups
- ▶ Lunges
- ▶ Squats
- ▶ Abdominals
- ▶ Oblique's
- ▶ Back

### Recovery

- ▶ Ice
- ▶ Heat
- ▶ Stretch
- ▶ Foam Roll

### Coaching Relationships

- ▶ The value of a coach
- ▶ Trust
- ▶ Flexibility

### Athlete’s Needs

- ▶ What makes a successful athlete?
  - ▶ Positive relationship with coach
  - ▶ Support System
  - ▶ Adequate consideration from coach
    - ▶ Time
    - ▶ Strengths
    - ▶ Interest
  - ▶ Consistency

### The Season

- ▶ Pre-season
  - ▶ Build a base
- ▶ Season
  - ▶ Shift from high repetitions to increased resistance
  - ▶ Higher quality
- ▶ Post-season
  - ▶ Maintain
- ▶ Off-season
  - ▶ Cross-train and be free

### Practice

- ▶ Warm-up
- ▶ Throw Specific Activities
- ▶ Dynamic Activities
- ▶ Recovery

# 2014 West Coast SuperClinic – Jere’ Summers – Building a Foundation for Your Discus Thrower

Take aways from each coach I have worked  
with...

My Current Throw... I think...

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