

A Learning Progression for the Discus Throw

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Mike Buncic

- De Anza College, Cupertino CA
- Wilcox High School, Santa Clara CA
- Throwing Events, Triple Jump, Long jump, Hurdles
- High School Biology and Human Physiology Teacher
- 1988, 1992 United States Olympic Team, Men's Discus Throw
- 1991, 1993, 1995 United States World Championship Team
- 1995 United States National Champion
- Four-time Olympic and World Championship Finalist
- World Leading Discus Throw 1991 (69.36m)

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Preliminary Thoughts

- Athlete Selection,
- Participation,
- Activity Focus,
- The High School Environment,
- Throwing

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Progression Sequence

- Initial Grip and Release
- Rolling
- Introduction to the Standing Throw
- Early exposure to spinning movements

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Multiple Sequence Movements

(3 repeat turns)

- Walk and Turn
 - Basic balance, arm position, shoulder stretch, eye level
- Step and Turn
 - Addition of lower body emphasis, foot and hip rotation
- Run and Turn
 - Addition of rhythm, orbit alignment

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- Note: Proceed initially without discus, then while holding discus, and finally with a release at end of sequence.
- One Turn and Release.
 - On grass, forms a core skill.

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Full Turn Considerations

- Move athletes to full turn as early as possible while maintaining multiple sequence movements
- Emphasis on back of ring and entry into first turn
- Stretch of right side with wind, arm high
- Early right leg lift-off
- First turn, down and around the left

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- The Full Spin is about using the right side of the body as effectively as possible while minimizing the use of the left side “More right, less left”
- An early and wide right leg out of the back will lead the athlete through the ring and transfer directly through the rotation of the lower body in the center of the ring and into the discus upon release
- Minimize extreme orbits (“flapping the wings”), think helicopter with a tilt toward the back of the ring

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Conditioning Considerations

- Specific Strength, Technical aspects
- Weight Training

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Closing

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