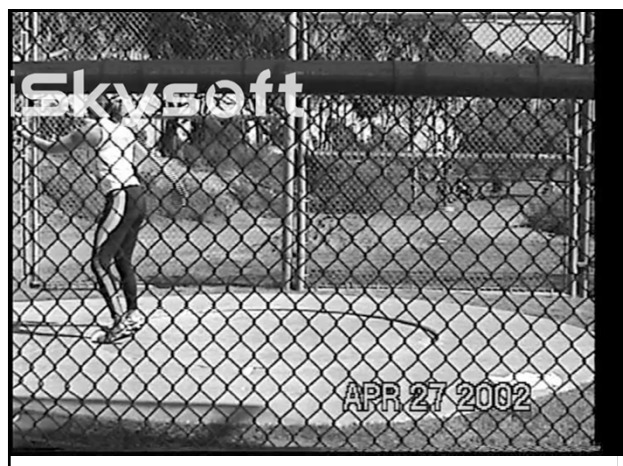
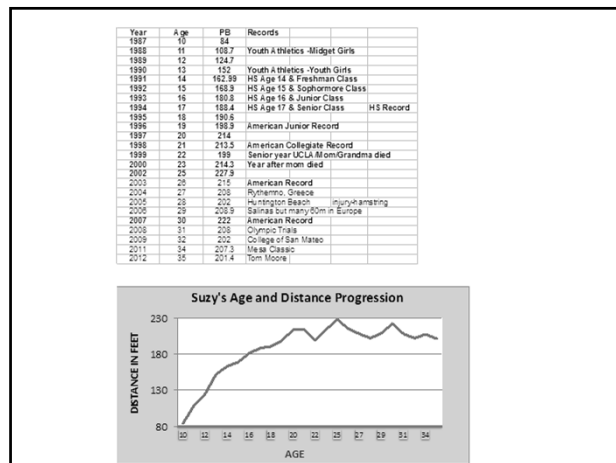


THROW LIKE A GIRL

A systematic approach to learning and coaching the discus throw



SIX KEY PHASES OF THE DISCUS THROW

1. First Double Support Phase
2. First Single Support Phase
3. Flight Phase
4. Second Single Support Phase
5. Second Double Support Phase (Power Position)
6. Release

FIRST DOUBLE SUPPORT PHASE

Goal:

Set up linear drive (sprint) and entry to the throw.

- Alignment
- Weight Distribution
- Un-seating
- Left arm/leg relationship
- Hardest part for young throwers to master



FIRST SINGLE SUPPORT PHASE

Goal:

Lower CG, load the left side for powerful acceleration across the ring.

- Wide sweeping right Leg
- Left side loads (shin angles)
- Right leg begins
- Upper body position holds
- Left side extension, right leg drive.



FLIGHT PHASE

Goal:

Acceleration and set up of proper Power Position angle.

This should be the most effortless part of the throw, yet often the phase where throwers will create more movement than necessary

- Hips lead the shoulders almost pushing shoulders back
- Body rotates around a tight axis
- 3 frames minimum of flight time on video camera at 30 frames/second



FLIGHT PHASE (CONT)

- Set up proper axis angle for power position
- Rotational speed increased through a shortening of left leg radius
- Left arm remains closed as long as possible.
- Separation created as hips travel ahead of upper body across ring.



SECOND SINGLE SUPPORT PHASE

Goal:

Land of ball of right foot, minimize time spent in this phase.

- Thrower should land on the ball of the right foot with a bent right knee (this angle should not change until the delivery phase)
- A properly executed flight phase will make it easy for the left foot to touch down quickly.
- Left shoulder stays closed and over Right knee
- Right Leg pivot immediately upon landing? Yes or No?



SECOND DOUBLE SUPPORT PHASE

Goal:

Establishing the "Power Position"

- As Left foot touches down, right hip begins rotating ahead of the shoulder
- Closed left side opens long and in the direction of the throw
- Good throwers will actually slide the right knee laterally (unintentionally)
- If done properly, the power position angle should perfectly mirror the angle from the flight phase



THE DELIVERY

Goal:

Impart all of created forces into the discus.

- Godina has coined the phrase "extension through rotation" this is exactly what happens
- Left leg/hip should be driving back into right hip so violently that it propels the right hip forward, well ahead of the right shoulder and discus
- The discus if thrown correctly, will be slung out of the hand.
- Arm should be slightly lower than shoulder at release and stretched off chest



DRILL PROGRESSIONS

- Extension Drills
- Turning Drills
- Med Ball Variations
- Stick Drills
- Bungee Drills (advanced)

THROWING PITFALLS

- Over active upper body (includes whipping head)
- Heel drop in second single support phase
- Going too fast
- Trying too hard

PHILOSOPHY FOR TRAINING THE HIGH SCHOOL ATHLETE

- Encourage multiple participation in sports for neural development and coordination (no cross country!!!)
- Focus on learning technique over strength
- Throwing volume should be higher earlier in season, and shorter later in the season. Intensity of throws will have an inverse relationship.
- As a coach, understand arousal levels for your athletes, competition vs. training. Alter coaching approach accordingly.
- Never be afraid to rest an athlete who is stressed by school work or shows signs of over-training or injury.

IMPORTANT EXERCISES FOR THROWERS

- Olympic Lifts
- Squat Variations
- Bench Variations
- Med ball throwing
- Short sprints
- Plyometric work

CONTINUING EDUCATION AND RESOURCES

- Suzy Powell Clinic at Oakdale High School, March 15, 2015
- World Athletics Center Camps/Coaches Ed
 - February 21 and February 22 at Sac State
 - Summer Camp, June 2015 at Sac State
 - Register at www.worldathleticscenter.com

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