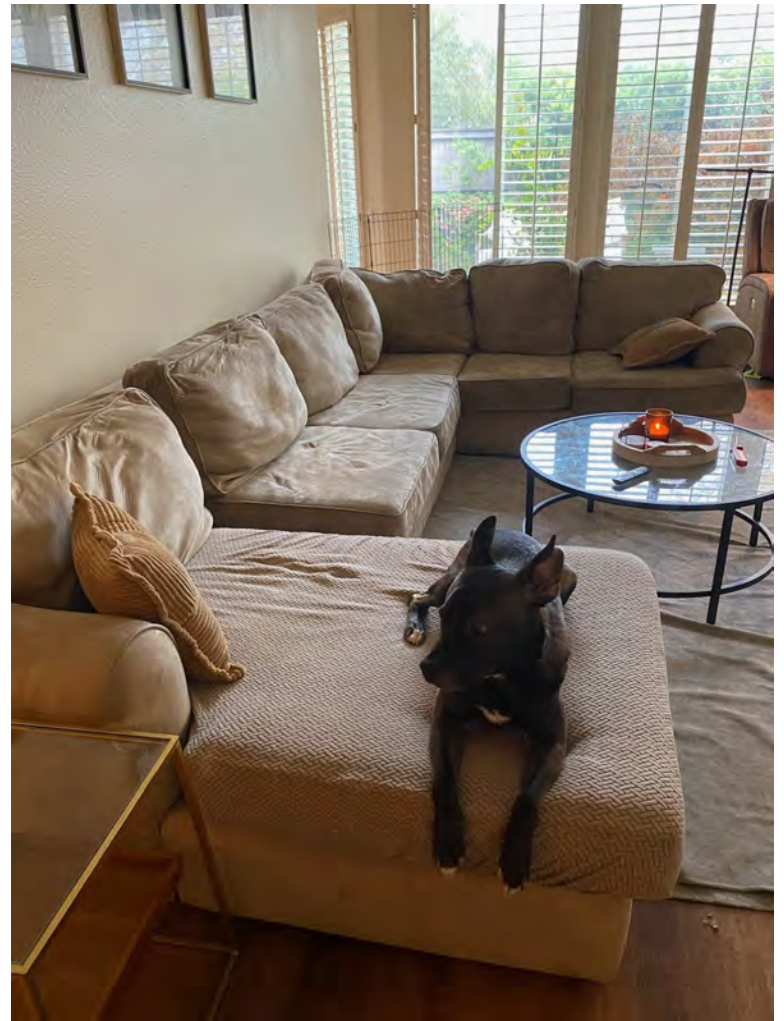


# Dynamic Discus Development

Kyle Peterson  
“Coach Petey”



- Kyle Peterson, CSCS, CADS, USATF lvl1
- Oakdale, CA
  - Football, Basketball, Track and Field
- Sacramento State Thrower- B.S. Kinesiology (Coaching and Training)
  - Top 10 list for Discus, Hammer, Indoor/outdoor Shotput, & Weight Throw
  - 2x National Round 1 Qualifier, Multi Medalist in Big Sky
- Minis House of Pain: Strength and Conditioning Coach
  - Oak Ridge High School Strength Coach
    - Highly competitive Football, Lacrosse, Basketball, Track and Field, Water Polo, Programs
  - Oak Ridge High School Throws Coach
    - Multiple State and Master's Level Performances
- Sacramento State
  - Throws Coach- Throwers and Multi's
  - Strength and Conditioning for whole Track team





# Goals for this Presentation and Beyond!

- Show a simple and replicable template to teach the Discus throw
- Talk about coaching tools and concepts related to Discus
- Build up the throwers of the Greater Sacramento Area
- Build Sacramento State Throwers up to a National Level

# What makes the Discus go far?

- Release Velocity and Angle
- The Spin of the Disc
- Wide Radius
- Seperation
- Force Produced into the ground
- Rate of Force Produced into the ground
- LOTS AND LOTS OF PRACTICE THROWS

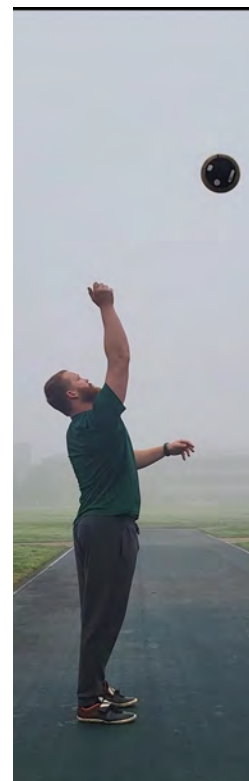
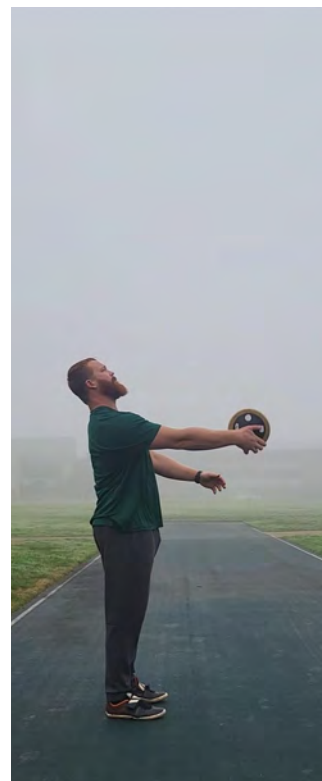
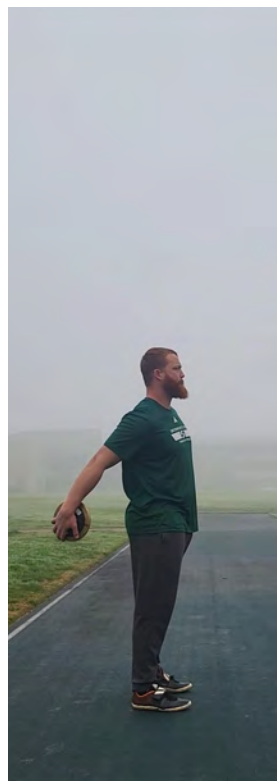
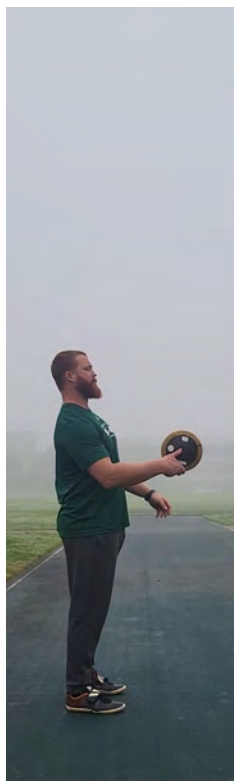
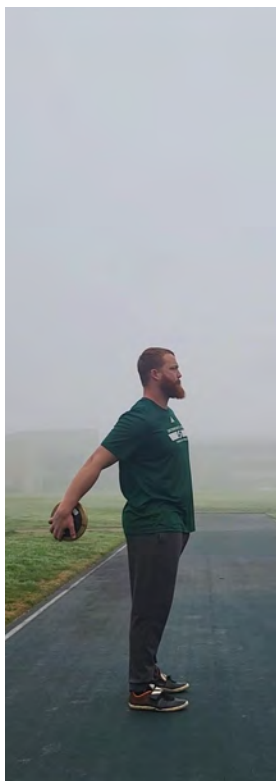
# Discus Drill Progression

- Hand Placement
  - Bowling/Toss Ups
- Power Position
  - Extend
  - Rotate and Extend
  - Vertical Throws
  - Stand Throw
- Middle of the Ring
  - Wheel
  - Step in
- Back of the Ring
  - Pivot Drills
  - South African
  - Non Reverse
  - Reverse

# Hand Placement

- Disc sits in the last Phalange of your fingers
- Fingers can be spread out or index and middle finger together
- Bowling
  - Long, relaxed arm (no elbow bend)
  - Straight line on backswing and follow through
  - How far can you roll it straight?
- Toss ups
  - Same as bowling, just upward
  - Disc should come straight back down

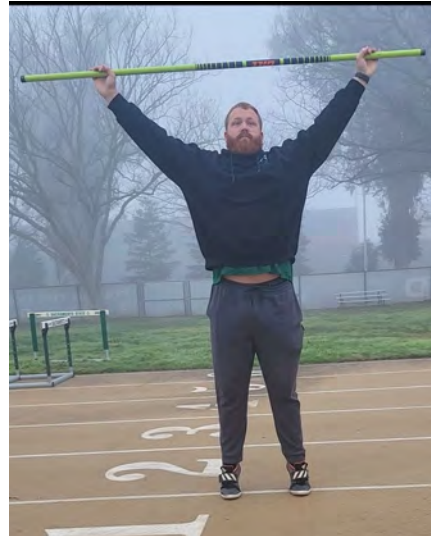
# Toss Up Drill



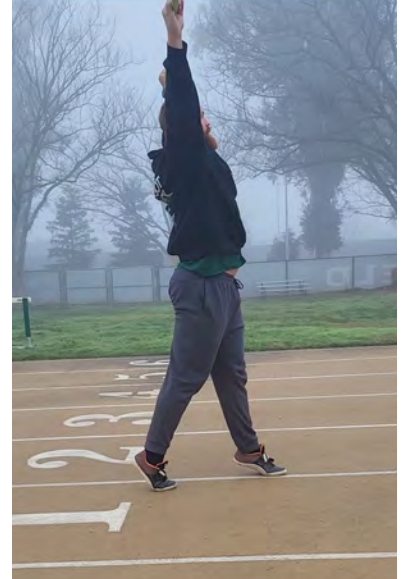
# Power Position Progression

- Stick Drills
  - Extend
  - Rotate and Extend
  - Stand Throw
- Disc Throws
  - Stand Throw
- Throw Side Arm Up and Back
- Long and Relaxed
- Common Errors
  - Trying to create speed with the HEAd
  - Turning on the outside of the foot
  - Upper body dominated
  - Dropping the disc down to the hip

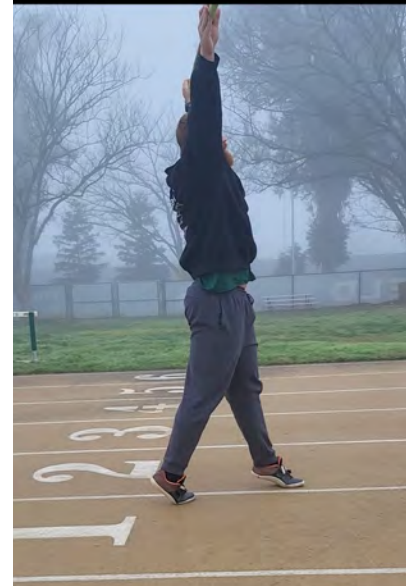
# Stick Drills- Extension



# Stick Drills- Double Pivot



# Stick Drills- Power Position

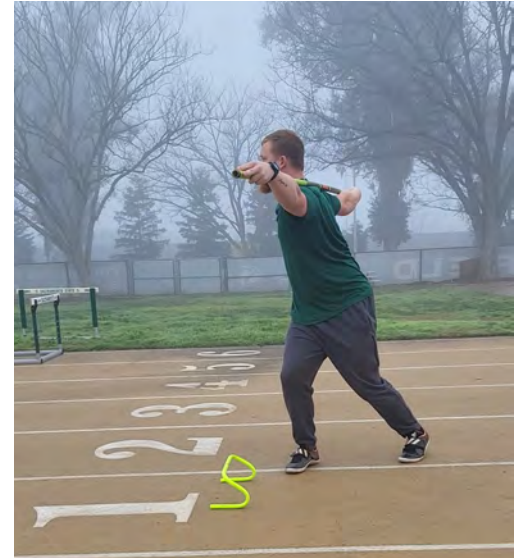
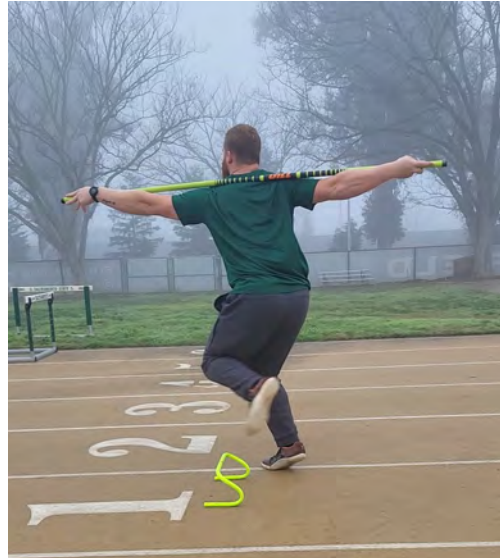
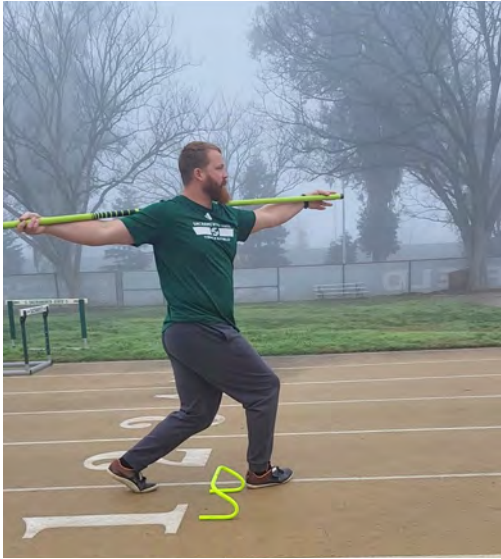


# Stand Throw

# Linear Drive Progression

- Wheel Drill
  - Stick with Pause
  - Stick with Vertical throw
  - Disc with Pause
  - Disc with Throw
- Step in
  - Stick with Pause
  - Stick with Vertical throw
  - Disc with Pause
  - Disc with Throw
- Linear Drive, then turn
- Throw Side Arm back and up
- Block side arm down the sector line
- Chest Faces the throw
- Common Errors
  - Trying to create speed with your head
  - Upper body dominated
  - Over rotating foot
  - Turning on the outside of the foot
  - Dropping the disc down to the hip

# Stick Drills- Wheel



# Stick Drills- Step in



# Step in Throw

# Back of the Ring Progression

- Pivot Drill
  - Stick 90, 180, 360
  - Shotput 90, 180, 360
- South African Drill
  - Foot Placement Variations
- Full Throw
  - Static, Non Reverse, Reverse
  - Variations Based on intensity (i.e. 50%, 75%, 90%+)
- Start in a Half Squat
- Weight Shifted onto the toes
- Chest Upright
- Common Errors
  - Trying to create speed with the head
  - Falling out of the back of the ring
  - Failing to get their weight all the way over their foot (not shifting left enough)
  - Turning on the outside of the foot

# Pivot Drill- 180



# Stick Drills- South African



# South African Throw

# Stick Drills- Full Throw



# Full Throw- with Reverse

# Coaching Tools

- Full Sized Hurdle
  - Stands and wheels
    - Stop forward shift
- Mini Hurdles
  - Wheel, Step in, South, Fulls
    - Quick Left Foot
    - Give Direction to your drive
- Mini Cones
  - Souths, Fulls
    - Guide the sweep leg
- Big Cone
  - Souths, Fulls
    - Prevent falling into the ring
- Tables
  - All Drills
    - Prevent over rotation to the block side
    - Prevent falling out of the front
- Barbells
  - All Drills
    - Strengthen Weak Positions
    - Teach Balance

# Throwing Tools

- Discus Throwing Tools include
  - Jurgen Tool (mini hammer), Puds (MB with a handle), Bowling Pins, Mini Clubs
  - Usually designed to put the weight outside of the hand to help the athlete create the feeling of the disc pulling away from them throughout the throw

# Training Outside of the Ring- Plyos and Sprints

## Plyometric

- Extensive Plyos
  - Low/Moderate intensity, high volume- Focused on rhythm and movement quality
  - Jump rope, Line hops, Low Hurdle hops, Skipping
  - Great for warm up, or early in the season training
- Intensive Plyos
  - High Intensity, lower volume- Focus on maximum power output and developing explosive ability
  - Box Jumps, Depth Drop/jumps, Broad Jumping, Bounding
  - 2x per week, track volume and slowly add

## Sprinting

- Flat Sprint
  - 10-30yds
- Stairs
  - Speed steps- 1 step at a time
  - Power Steps- skip a step
- Sleds
  - Push Sleds
  - Drag Sleds
- Contrast sprinting
  - 1 rep of stairs or sleds, 2-4 minutes rest
  - 1 rep of all out sprint, 2-4 minutes rest

# Olympic Weightlifting

- Clean and variations
  - The heavy one
  - Improve Rate of Force Development
- Snatch and variations
  - The fast one
  - Use this 1-2 days out from competition
- Jerk/Overhead variations
  - The upper body one
  - Improve hip drive into the upper body

## Set/Rep Schemes

- 3-8 sets
- 1-3 reps 60-85% of Max
- Sets and reps depend on the need
- Newbies need more practice at lower weights
- Advanced athletes can do less sets at higher weight
- Example
  - 6x3 @ 65%
  - 3x2 @ 85%
- Taper off 2-4 weeks from peak competition

# Powerlifting

- Squat variations
  - King of the weight room
  - Lower body strength development
  - Depth matters
  - Can shorten depth for 2-3 weeks for peak
- Bench variations
  - Highest priority upper body lift
  - Often the source of HS ego lifting
  - Be smart and this lift can be great for throwing!
- Deadlift variations
  - Posterior Chain developer
  - Can assist in improving Oly lifts

## Set/Rep Schemes

- 3-5 sets
- 3-12 reps
- Early in the season, use higher reps with lower weight
  - 3x12, 4x10, 4x8 @ 40-70%
- Mid/Late season, use lower reps with higher weight
  - 4x6, 5x5, 5x3 @ 70-85%
- 2-4 weeks from peak competition, drastically lower weight
  - 3x5 @ 50%

# Thank you!

Coach Kyle “Petey” Peterson

Phone- (209) 409-2466

Email- [k.peterson@csus.edu](mailto:k.peterson@csus.edu)

