

DISCUS THROW

 @nicevillethrows

 @CoachWebb1337

Education

University of Dayton



Kent State University



John Powell 1947-2022



Coaching

Niceville High School

2016- present



Emerald Coast Track Club

2019- present

Air Force Academy Sports Camp 2021 & 2022

Ironwood Thrower Development camp 2023



2016-2023

- 53 State Medalist
 - 9 State Champions
 - 10 State Runner- Ups
- 33 College Commits



Top Throwers – Discus

BOYS

Edward Shelikoff	61.16/ 200'8"	2017
Massimo Grisotto	60.95/ 200'	2022
Mitchell Ratley	55.80/ 183'1"	2022
Eli West	54.25/ 178'	2019
Noah Harman	51.51/ 169'	2022
Terrance Powe	51.33/ 168'4"	2023
Ryan Driscoll	48.77/ 160'	2022
Heath Topel	45.24/ 148'5"	2017

GIRLS

Megan Hague	45.76/ 150'2"	2022
Chloe Hill	41.53/ 136'3"	2019
Kimah Allen	40.72/ 133'7"	2023
Marissa Rung	39.86/ 130'10"	2020
Bailey Carter	37.97/ 124'7"	2023
Caitlyn Stringfellow	37.70/ 123'8"	2021
Skylar Joneson	36.42/119'5"	2017

Concepts and Drills

- 4 Step approach
 - Front
 - Half
 - South African
 - Full
 - Stretch X
 - Triple Extension
 - Backward C
 - Reverse/ Non Reverse
 - Sweep or Sprint
- Drills
 - PVC Pipes
 - Line Drills
 - Float float sting
 - Ball drills
 - Stretch X 1, 2, 3
 - Squeeze your knees

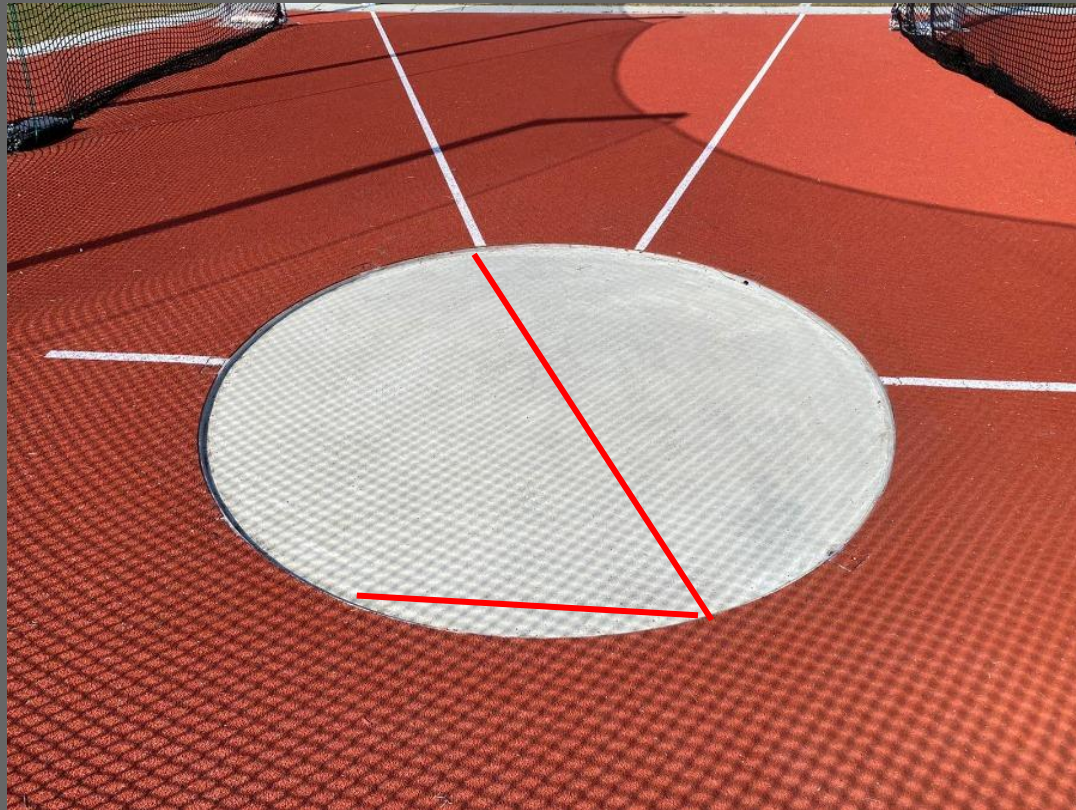
STEP 1- Stand Throw

POWER POSITION

- Foot placement
 - Left toe right heel
- Load your right side
 - 80%
- Set your hips
- Stack over your right
- Stretch and set your X
- Wind slowly then accelerate through the throw holding the discus back as long as possible
- Paint the sky
- Block and throw



Backwards 7



Stretch X Position – Maintaining separation between the upper and lower body



Triple Extension- Complete extension between the ankles, knees and hips.



Backward C Position



Drills- Stand throw

- PVC Pipe throws from the front of the ring
 - These provide help with balance and improving the X position.
- Weighted Ball throw
 - This drill minimizes athletes trying to muscle a throw. This allows them to feel their body work at a slower pace from the ground up.



Step 2- Half

- Square up
 - down the left sector line
 - Weight should be distributed 80/20
 - 80% loaded on the right leg
- Stretch X
 - Once you catch the disc behind you the right foot should be activated
- Squeeze the knees
 - The right foot is activated with a big push off the left all while squeezing the knees through the rotation. This will properly set up the athlete in the power position.
- Wind slow and then velocity speeds up through your throw

Non reverse



Left handed



Reverse

Step in Half

- Dynamic start for a more advanced thrower
 - Practices rhythm and timing while winding back the discus



Drills- Half

Squeeze your knees

- Push off the left which activates the rotation on the right.
 - Keep left toe right above the ground and squeeze the knees tight. This will keep the body stable and stacked over the right while in motion.

Step and Turn

- Walking and turning the right toe will continue a rhythm.

Step 3- South African

- Push
 - Big push off the left foot forcing a sprint like drive through the ring
- Sprint
 - Sprint through the ring landing that right foot in the middle of the ring on the ball of your foot.
- Rotate
 - By pushing off the left you will now be set up to land on the right in the middle of the ring and squeeze the knees setting you up in the power position.
- Slow to fast
 - Slow out of the back and when you hit the middle of the ring you accelerate speed



Drills- South African

PVC Walkthroughs



Drills- South African

Float Float Sting

- Working the rhythm through the throw by feeling a continuous movement.
 - Focus on driving off the left and feeling that 1, 2, 3 rhythm just like a dance move.



Step 4- Full Throw

Linear

- Wind high out of the back may need modified per throwers strengths and weaknesses
- Shift weight to the left and push off the right to get into that South African position

Sweep

- Wind
- Get over the left as you are reaching to push a button
- The right leg should sweep and be ahead of the the hips and discus. Landing in the middle of the ring stacked over the left in the X position.



Reverse VS. Non Reverse



Non Reverse



Reverse



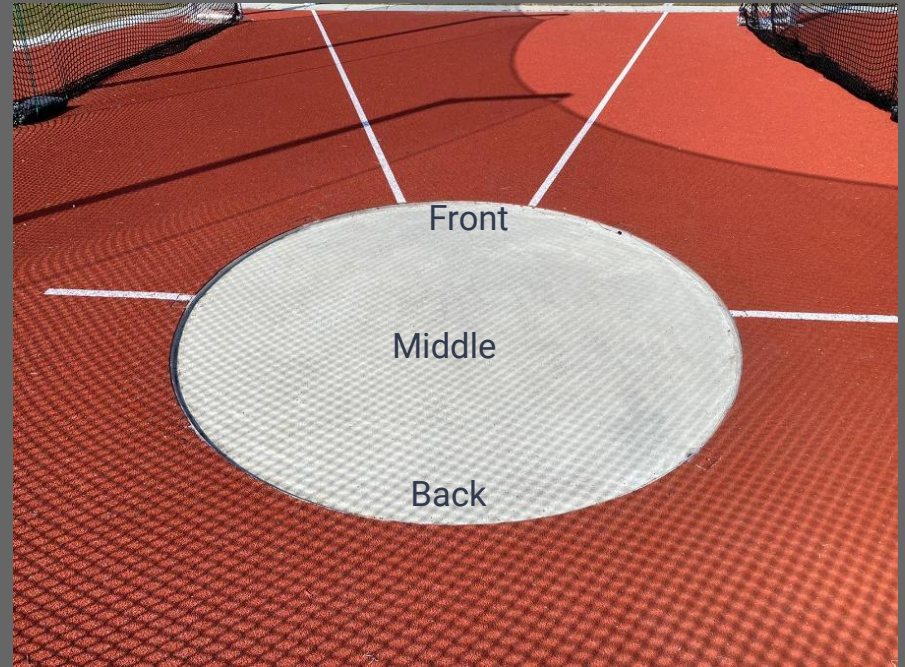
Non Reverse



Reverse

Focal Points

- Out of the back
 - Down the right sector
- From the south african
 - Middle of the sector treeline height
- From the half
 - Behind the ring 60/70ft back
- The front of the ring
 - Eyes to the sky



Drills- Full

Stretch X 1, 2, 3

- Stretch
 - Squared up with BIG chest long arms
- X
 - Wind back where you will have separation with the upper and lower body
- 1, 2, 3
 - Activate the rotation while hearing the rhythm with your feet



Drills - Full



← Bat or PVC pipe Full



Weighted ball Full throws →

Trust the Process

