UNIT 11
Discus

Aim: The objective is to propel the implement the greatest possible distance within the rules of the event.

Full Technique: See table 11.1.

Basic Technique:

1. The weight is on the rear leg.
2. The body is balanced and in a chin – knee – toe position.
3. The legs initiate the rotational movement which provides most of the power.
4. The right leg drives the hips to the front.
5. This forces the chest to the front before the arm strikes.
6. The key feature is balance.

TEACHING POINTS

In the early stages use hoops and quoits to develop the skill in relative safety.

The Standing Throw

1. Start in a standing position facing the direction of the throw. The quoit/hoop is gripped in the palm and fingers with the hand on top. (See Fig. 11.1)
2. The arm makes one long sweep back and forward and is released at shoulder height and just ahead of the body.

N.B. If the discus goes too far right, the release is too soon, too far left and it is too late.

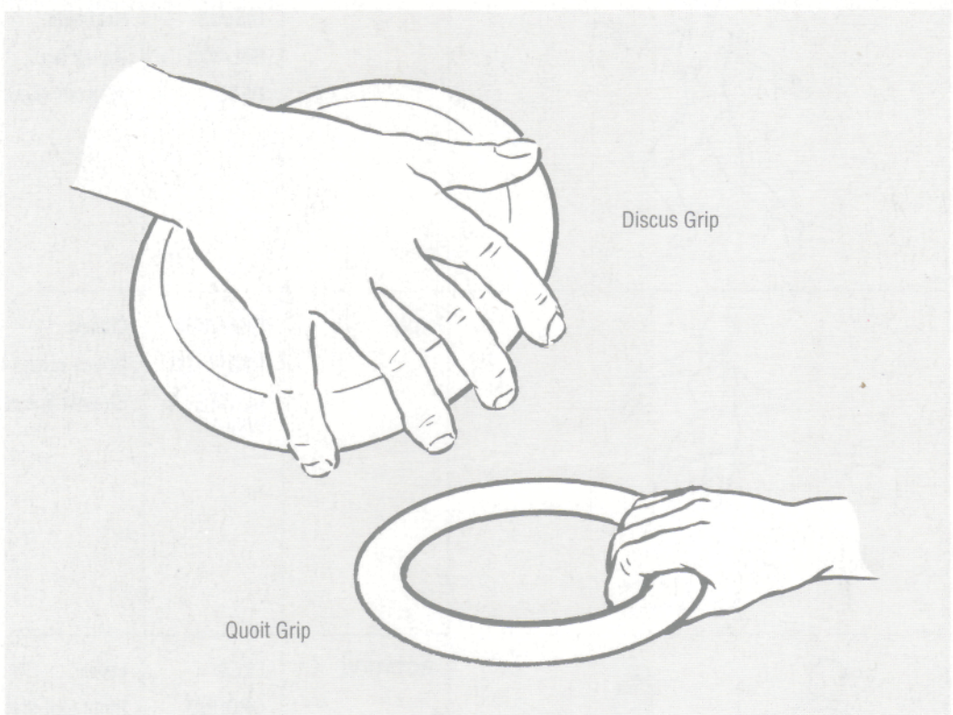
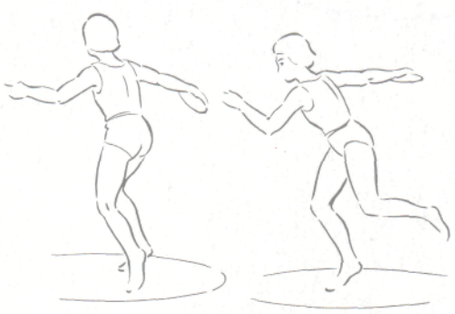
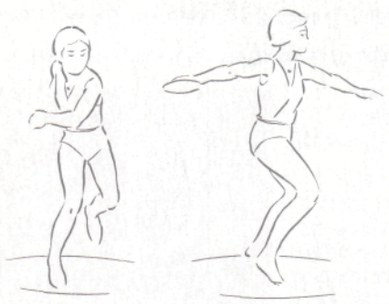


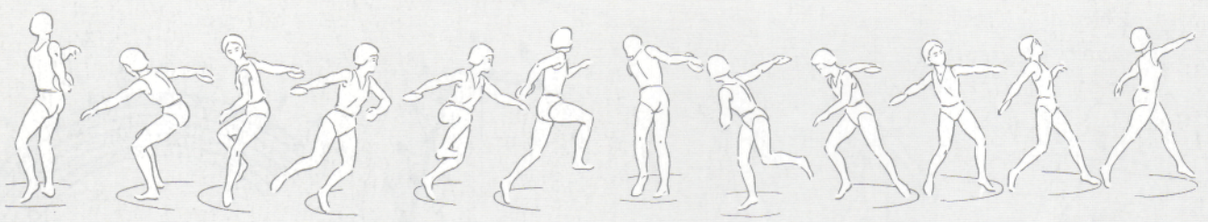
Fig. 11.1

Table 11.1

DISCUS	PHASE	OBSERVATION POINTS	
	PRELIMINARY SWING	FOOT POSITION	Slightly wider than shoulders.
		SHOULDERS	Level.
		WEIGHT	Central.
		FREE ARM	Closed across body.
	BALANCE POSITION	WEIGHT	Balanced.
		KNEES	Bandy.
		HEAD/EYES	Looking horizontally.
	SPIN	WEIGHT	Loaded left side.
		DISCUS	Held high.
		BALANCE	On left leg.
		HEAD	With left shoulder.
	RUN	FREE ARM	Closed.
		RIGHT LEG	Drives across circle.
		CENTRE OF WEIGHT	Straight line across circle.
	ROTATION	EYES	Level.
		GROUND CONTACT	Right foot first.
		HEEL OF POWER FOOT	No contact.

DISCUS (CONTINUED)	PHASE	OBSERVATION POINTS	
	POWER POSITION	AXIS FOOT POSITION FREE ARM	Parallel. *Heel toe.* Held at shoulder level.
	LIFT	LEFT LEG RIGHT LEG RIGHT ARM	Brace. Lifting. Rising.
	RELEASE	FEET SHOULDERS ANGLE OF RELEASE	Contact. *Horizontal.* No wind – 35°.

Side view



Developing Technique:

The legs provide a great deal of the power by initiating a rotational movement, and by the right leg driving the hips to the front. For this to happen, the body must be balanced in a chin-knee-toe position with the weight over the rear leg.

The chest must be forced to the direction of the throw by the action of the hip and legs before the arm strikes.

Extra speed can be obtained from a rotational movement from the back of the circle but this is really for the person who has passed the novice stage. BALANCE is the key feature.

1. The discus is held with the right hand on top, the fingers evenly spread with the first joint curling over the rim (see Fig. 12.1). The left hand is underneath for support. N.B. The discus is not GRIPPED.
2. The discus is held near the left shoulder.
3. Without preliminary swings, the discus is swung back with a long straight arm, with the discus and palm facing the ground.
4. Maintain the momentum of the swing and move the discus forward, it is released by spinning it off the index finger. (See Fig. 11.2)

Fig. 11.2

5. The movement must be done at speed or the discus will drop.
6. To develop the action as the discus is swung back, the student bends the right leg and foot and then pushes the hip through ahead of the arm to complete the throw. (See Fig. 11.3)

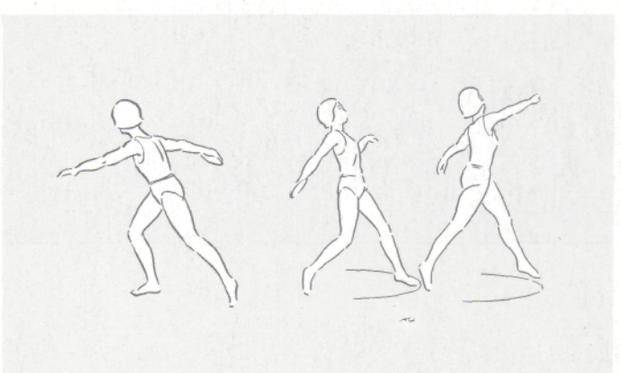


Fig 11.3

At this stage apply the technique in competitive situations, but with the emphasis still on technique.

The Running Turn (for a right-handed student)

1. Start at the rear of the circle (or lines 2.5m apart).
2. Face the direction of the throw with the left foot ahead of the right.
3. Establish a rhythm by swinging the discus backwards and forwards.
4. The running turn is started by the discus arm's swinging forwards.
5. This is followed by moving from the left to the right foot in the centre of the circle, and onto the left to land in the standing throw position. (See Fig. 11.4)
6. The discus is released as in the standard throw.

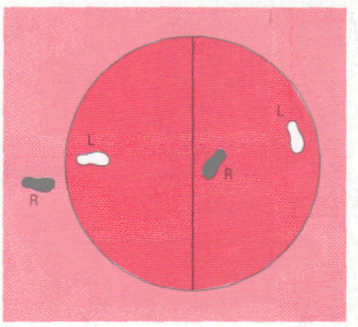


Fig. 11.4

When the students are secure and confident, apply the technique in a competitive situation.

Activities:

1. Target throws: place a cone at a distance all can reach; the first to hit it is the winner.
2. Quoit/hoop throws: throw for distance and accuracy.
3. Throw and roll: measure the largest throw including any roll on landing.

SAFETY

This event poses most problems for class teaching, in that as the throw is rotational the discus is not always released to the front. This tangential nature of the implement's release makes the activity potentially very dangerous and it must be strictly supervised when using conventional equipment. (See Figs. 11.5 and 11.6)

This does not prevent the basic movement's being taught since hoops, quoits and slingballs can be substituted. Indeed, improvised equipment is additionally suitable because standardised implements are often too large for children to grip.

Throwing must be in one direction only and an "All throw – all retrieve" rule must apply.

If the landing area is damp, make sure that towels etc. are available for drying implements.

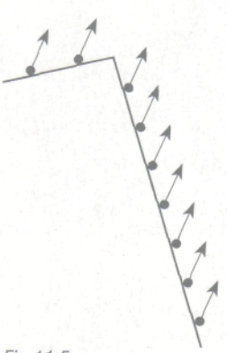


Fig 11.5

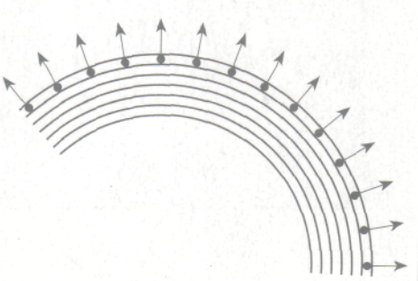


Fig.11.6

SIMPLE RULES

These are almost identical to the shot, but there is no stop board and the diameter of the circle is 2.50 metres.