



DISCUS

PROGRESSIONS & DRILLS

Joe Frontier

***Madison Memorial High School
Madison Throws Club***



Coach Joe Frontier



Madison Memorial High School

2002 - present

15 Big 8 Conference Champs

21 WIAA State Qualifiers

12 WIAA State Top-8 Finishes

1 WIAA State Runner-Ups

3 WIAA State Champions

Madison Throws Club

2002 - present

192 WIAA State Qualifiers

92 WIAA State Top-8 Finishes

24 WIAA State Runner-Ups

24 WIAA State Champions

**How do you
get from
here...**



To here...



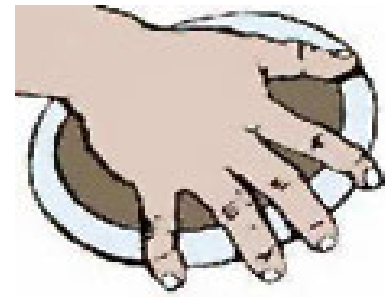
Discus

Progressions & Drills

- **Front to back Progression**
- **Grip**
- **Power Position and the Stand Throw**
- **Wheel Position and Throw**
- **South African**
- **Wind and Entry**
- **Full Throws**

The Grip

- Split the discus with the middle finger
- Index and Middle could be together or separate – depends on thrower
- Thumb rests on top of discus
- Last joint of finger hangs over the edge of discus
- Hand should stay on top of discus throughout throw



Power Position **& the Stand Throw**

- Feet should be in a Heel –Toe relationship pointing at 4 o'clock
- Weight over bent knee & ball of foot of power leg
- Shoulders and head square to back of circle/ 6 o'clock
- Discus back and higher than shoulder
- Block arm long, never bent, opposite discus



Power Position

& the Stand Throw

- Feet should initiate throw by rotating toward the throw
- Block arm remains straight as it opens to create stretch
- Power HIP pulls discus to the throw
- Head should stay back as long as possible
- Block leg straightens and posts/ extends
- Power Hip continues to rotate into post leg prior to extension
- Discus should be released at shoulder height after Power hip completes rotation and extension at 12o'clock



Power Position & Stand Throw DRILLS

- Wind and start position essential
- Hip movement
- Block arm long stretch before block
- Orbit of discus
- Non Reverse & Reverse







Wheel Position & the Wheel Throw

- Foot of power leg starts in middle of circle pointing at 11 o'clock.
- Foot of block leg starts in back of circle.
- Body position looks like power position turned 180 degrees.



Wheel Position & the Wheel Throw

- Start with winding the discus back & up.
- Block leg must initiate throw by pushing out of the back of the circle.
- Weight must be maintained in the middle of the circle while block leg pushes to front.
- Block leg must push through in linear path – knee to knee or x with calves.
- Stand throw movement can only be started upon block foot touchdown.



Wheel Position & Wheel Throw Drills

- Wheel – Freeze at Power
- Wheel – initiate power – Freeze
- Wheel – Medball Vertical Toss
- Wheel – Cone or pin
- 3 Wheel – Non reverse
- 3 Wheel – Reverse
- Wheel – Non-reverse
- Wheel – Reverse
- Dynamic Wheel (advanced)





WHEEL: Progression Drill - wheel stop @ power



WHEEL: Progression Drill - wheel-initiate @ power



WHEEL: Progression Drill-wheel med ball extend



WHEEL: Progression Drill-Wheel med ball Vertical Toss



WHEEL: Progression Drill - 3 Wheel w/ Stick



WHEEL: Progression Drill - 3 Wheel w/ Discus



WHEEL: Progression Drill - 3 Wheel Initiate - Finish



WHEEL: Progression Drill - 3 Wheel Non-Reverse



WHEEL: Progression Drill - Wheel Non-Reverse



WHEEL: Progression Drill - Wheel w/Reverse

South African Position & Throw

- Block leg just in circle facing the throw, power leg outside of circle.
- Wind Discus back and create linear push with power leg.
- This position/drill comes with several cautions...
- Most kids over-rotate
- Most kids scratch
- False sense of reality
- Preferred Drill: Start at back Tap and go.





ENTRY DRILL : Sweep To South African

Wind & Entry

- Feet shoulder width apart at back of circle
- Sit in $\frac{1}{4}$ squat and shift weight over block leg
- Wind disc back to 12 o'clock, maintain weight over block leg
- Initiate throw with power leg push
- Head and left shoulder must stay neutral and patient
- Power leg sweeps wide for 180 degrees then lifts
- Block arm and head stop at 12 o'clock to cut off ring/ wait for power leg to get ahead of throw
- Discus stays back behind power hip



Wind & Entry Drills

- 90
- 180
- 270
- 360
- Sweep to 180, Lift to 270
- Sweep and Lift
- 360 Tap and go
- Sweep through hurdles
- Sweep around cones





WIND START : Sit - Shift - Wind



WIND START : Landon Ellingson



ENTRY DRILL : 90 Turns



ENTRY DRILL : 180 Turns



ENTRY DRILL : 180 - Step to Middle



ENTRY DRILL : 180 Sweep Lift to 270



ENTRY DRILL : Sweep - Lift - Push to RFTD



ENTRY DRILL : S-L-P to Power INITIATE

Full Throw

- Rhythm: Slow to Fast
- Must control head and block arm out of back.
- Must be patient and balanced on block leg during sweep
- WIDE SWEEP
- Chest and knee of power leg up at entry
- Let ground come to you as block leg pushes through
- Shoulders square to 12 o'clock at PowerFTD.
- Discus as close to 12 o'clock at BlockFTD



Full Throw Drills

- 360 Tap and go
- Full throws through hurdles
over hurdles
- Full throws with cones or pins
- Over-weight Training
- Under-weight Training
- Non-reverse
- Reverse





ENTRY DRILL : 360 Tap and GO



DISCUS Full Throw : Cone



DISCUS Full Throw : Non Reverse



DISCUS Full Throw : w/Reverse

JASON ZAHN (sr.)
GRAFTON H.S.

May 4, 2012
DISCUS

191' 10"

LANDON ELLINGSON (jr.)
JEFFERSON High School

April 8, 2015

DISCUS
179' 8"

SAMANTHA NOENNIG (jr.)
Hartford High School

2015 WIAA STATE CHAMPION
D1 GIRLS

DISCUS
161' 6"

JOSIE SCHAEFER (so.)
Baraboo High School
5/11/2015

169' 4"
DISCUS

MADISON THROWS CLUB



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