

29th Annual Wisconsin Track Coaches Association Clinic
2/1/18-2/3/18

Rotational Discus Progressions Outline (Nick Garcia)

1. Grip
 - a. 2 Finger Together versus the Spread
2. Baby Baby Big
3. 2 Knee Throw
 - a. Skip
 - b. Thumb Down
4. 1 Knee Throw
 - a. Skip
5. Upright Throw
 - a. Skip
 - b. Back/Way Back
6. Lange Foot Drills #1
7. Double Extension
 - a. Hips
 - b. Med Ball Hold
 - c. Vert Throw
8. Double Extension w/Rotation
 - a. Hips
 - b. Med Ball Hold
 - c. Vert Throw
 - d. Med Ball into Wall
 - e. Implement into Net
9. Power Position Set Up
 - a. Feet together
 - b. Step out
 - c. Drop in
10. Power Position
 - a. Hips
 - b. Med Ball Hold
 - c. Vertical Throw
 - d. Med Ball into Wall
 - e. Implement into Net
11. Wheel
 - a. Hips
 - b. Med Ball Hold
 - c. Med Ball Hold and Extend Arms Horizoantally
 - d. Med Ball Vert Throw
 - e. Med Ball into Wall
 - f. Implement into Net
12. Corrective
 - a. 360 Wheels
13. Falling Wheel
 - a. Hips

- b. Med Ball Hold
 - c. Med Ball Hold and Extend Arms Horizontally
 - d. Med Ball Vert Throw
 - e. Med Ball into Wall
 - f. Implement into Net
- 14. Out of Back
 - a. Set up
 - i. Butt Crack over Heel
 - b. Wind
- 15. Pawing
 - a. 90's
 - b. 180's
 - c. 360's
 - d. 540's
- 16. Giant Step to Wheel
 - a. Med Ball
 - b. Med Ball Vert Throw
 - c. Med Ball Into Wall
 - d. Implement into Net
- 17. Walking Throws
 - a. Med Ball
 - b. Med Ball Vert Throw
 - c. Med Ball Into Wall
 - d. Implement into Net
- 18. Full Throws Non Reverse
 - a. Med Ball
 - b. Med Ball Vert Throw
 - c. Med Ball Into Wall
 - d. Implement into Net
- 19. Reverse Progression
 - a. Power Position
 - i. Position 1
 - ii. Position 2
 - iii. Position 3
- 20. Blending Drills
 - a. Non Reverse Followed By Reverse
 - i. Stands
 - ii. Wheels
 - iii. Walking
 - iv. Fulls