

# Discus and Shot principles

For High School athletes and coaches

# Discus

- Concept of Discus Throw
- SLINGSHOT
- Achieve balance between relaxation and aggression
- Use creative metaphors to invoke athlete imagination

# Control the discus



# Strong finish





# Landing in the middle...meow





# Balanced fury



# Shot Put....most explosive ballerinas

- Set up is KING
- Fluid momentum is KEY
- Understand hip-elbow rule



Hold on....





# Stay in your lane, bro...





Elbow the.....





# Let's dance



# Ride the pony





# Glide

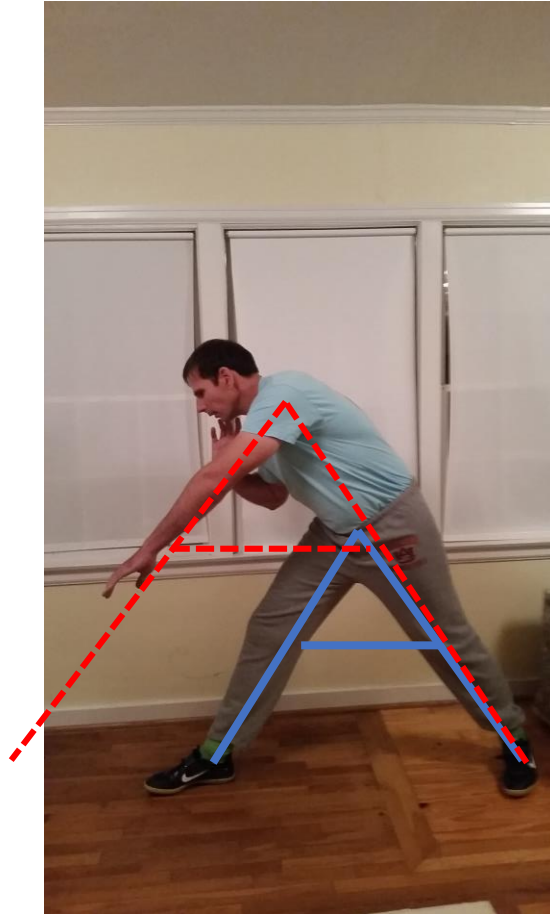
- Simple
- Quick to learn
- Easy drills

Land at the end...





# Fly in the middle AA



# Horizontal rocket launch....kick-push

