

Creating the Foundation of Shot-put and Discus Technical Instruction: Positions, Drills, and Practice Organization

Essential Questions

- How can you set up practice to maximize efficiency?
- How can you teach the “foundation” of the throw (discus/shot)?
 - 1. Double Extension (Calves, Quads, Butt)
 - 2. Double Extension with Twist
 - 3. Double Pivot
 - *Med Balls
 - 4. GRR: Grip it / Rack it / Rip it (SHOT)
 - 5. Add GRR with DE, DET, DP
- How can you teach the 4 positions of the throw? And what are they?
 - Position 1
 - Position 2
 - Position 3
 - Position 4
 - 1. Coaches Eye
 - 2. Double Pivot: (Power)
 - 3. Double Pivot with Implement

**All awesome for INDOOR practices!*

- What are the most common errors with the power throw- and why they are probably made?
 - 1. “on the crapper”
 - 2. Angle of release
 - 3. All Arm!
- How can I teach the full rotation?
 - 1. Wind
 - 2. Set up
 - 3. Sweep
 - 4. Transition to Power- Air borne

- How can you teach the wind?
 - 1. Poop on the post

- How can you teach the set up to the sweep?
 - 1. Knee, hip, hand : Reach to wall

- How can you teach the sweep?
 - 1. Rotation drills: 90/180/360 (active push off)
 - 2. Rotations drills with cones and hurdles
 - 3. Knee drop: Active sweep
 - 4. Combine Drills

- What are the common errors with the wind, set up, and sweep- and why they are probably made?
 - 1. Constipation
 - 2. Unwrapped/ not separated
 - 3. Dive to the middle

- How can you teach the transition to the power phase (air borne)
 - 1. Knee drop
 - 2. Hurdle/Wall drill
 - 3. Hurdle to 1
 - 4. 12 o'clock drill

- What are the common errors in the transition- And why they are probably made?
 - 1. Over rotation
 - 2. Under rotation
 - 3. Not getting to 1

- How do you put it all together?