

# DISCUS



## BASICS FOR LITTLE ATHLETICS

<i>350 grams</i>	<i>U/6 and U/7 boys &amp; girls</i>
<i>500 grams</i>	<i>U/8, U/9 &amp; U/10 boys &amp; girls</i>
<i>750 grams</i>	<i>U/11 &amp; U/12 boys</i>
	<i>U/11, U/12 &amp; U/13 girls</i>
<i>1kg</i>	<i>U/13, U/14, U/15, U/16</i>
	<i>U/14, U/15, U/16 &amp; U/17 girls</i>
<i>1.5kg</i>	<i>U/17 boys</i>

### SAFETY TIPS

- All athletes must stand behind the circle
- The discus should be carried back to the circle (not thrown back)
- The discus should not be thrown until coach gives the okay
- If possible, use throwing net or cage for older athletes

### BASIC RULES

- The athlete can touch the inside of the barrier at the front of the circle (but not the top of it)
- Athletes must leave from the back half of the circle
- Athletes cannot leave the circle until the discus has landed
- It does not matter how the discus is released
- Three throws are allowed in little athletic competitions
- The discus must land inside the sector (it is okay if it rolls out after point of impact)
  
- Place the zero end of the tape at the point where the discus first hits the ground
- The tape must be pulled through the centre of the throwing circle
- Measurement is from the circumference of the stop board to the nearest mark made by the discus (to the nearest cm below)

### IDEAS FOR LITTLE ATHLETIC COACHES TO HELP DEVELOP SKILLS

- Use smaller discus or Frisbee
- Practice standing throws from cones
- Roll discus along the ground emphasizing the release being from index finger (if it is released properly it should roll in a straight line)
- Hold and throw vertically in the air and make it spin off index finger (the discus should spin smoothly and be vertical in the air and land on its rim)

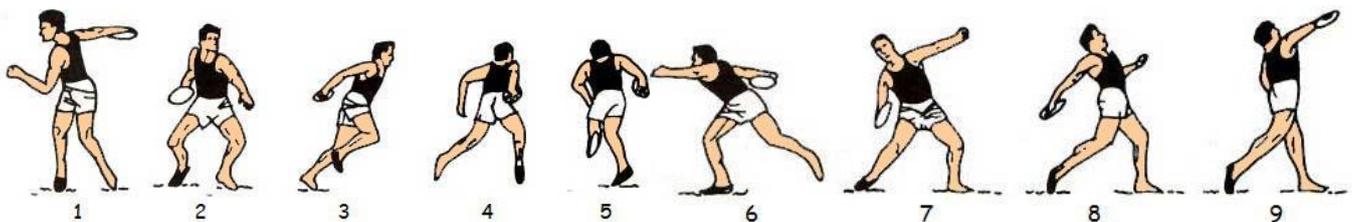


## **COACHING CUES – STANDING THROW**

- Hold discus in palm with ends of finger wrapped around the edges (fingers spread out)
- Thumb should rest on back of discus
- When preparing to throw, have throwing hand over the top of discus and other hand underneath for support
- Keep shoulders level
- Keep the discus flat when preparing to throw and when throwing (it should skim through the air)
- Discus is released off the index finger in a flat spin
- Have knees bent and stand side on to where you plan to throw
- The heel of back foot level with toe of front foot
- Push with the legs and finish with chest and hips facing forward
- Finish looking up to where you want to throw and hand releasing discus should also be up to where the discus should go (not down towards the ground)

## **TECHNIQUE – SPIN**

- Spin is very complicated and only done by older and experienced athletes
- Start with similar stand to standing throw
- Body weight evenly over both feet
- If right handed thrower, start the spin with the right leg leaving the ground and weight goes to the left
- Swing the right foot around and in to the middle of the circle
- The discus is held high with both arms held out
- The discus must stay behind the hips throughout the whole spin
- Keep the shoulders level and knees should be bent
- Once the left foot touches the ground at the front of the circle, the aim is to drive the hips forward by pushing with the right foot and blocking with the left
- The throwing arm then follows the hip and whips around fast
- The discus is released so it spins flat rather than wobbling
- Chest and head are both up tall and looking towards where the discus is meant to be going



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