

Discus Throw

Track and Field Unit



Fouls Occur When:

- The athlete steps outside of the circle.
- The discus is dropped outside of the circle during the athlete's lead up swing.
- The athlete throws with both hands.
- The athlete exits out the front half of the circle.

Critical Elements for Throwing a Discus



Holding the Discus

- ▷ Spread fingers out with index finger in-line with wrist



Body Position

- ▷ The thrower will stand perpendicular to the throwing direction.

The feet position will be shoulder width apart

- ▷ The thrower will twist their upper body completely opposite the throwing direction.

Release the discus

- ▷ **The disc will come off the index finger**
(The disc will spin in a clockwise direction for a right handed thrower)

When releasing the discus have your palm down (Pronation)

How To Throw The Perfect Discus

