

# Discus Throw Track and Field Unit

### **Fouls Occur When:**

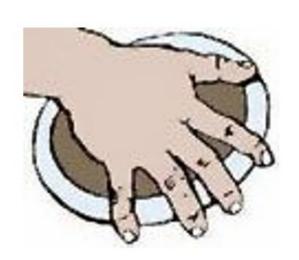
- The athlete steps outside of the circle.
- The discus is dropped outside of the circle during the athlete's lead up swing.
- The athlete throws with both hands.
- The athlete exits out the front half of the circle.

# 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

