



There is NO Hit

Two Keys

- Balance
 - Left to right
 - Back to Front
- Orbit of the discus
 - High point & Low point in throw direction

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Basics

- There is no hit
- Sling it - Whip it - Throw it like a hammer - a foxtail
- Longer path & lever is better
- A straight line through the circle goes from left foot at the back to the middle to left foot at the front.
- Slow to faster
- What you do at the back, you repeat at the front
- South African drill has limited value
- Wheel drill is misleading
- The center of the merry-go-round turns slower
- So many paradoxical feelings

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Five Keys from Data

- Slow unwind
- Wide Right leg
- Acceleration of hips in middle
- Separation of hips to shoulder and shoulder to arm
- Effective block from left side

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Wind up

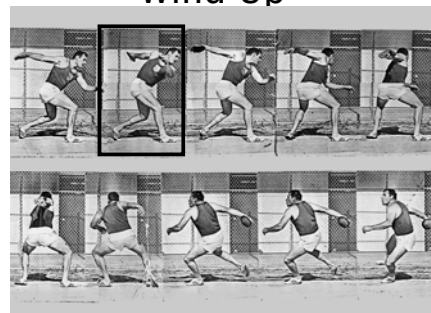
- Do it your way, but
 - Slow enough to be stable & consistent
 - Right foot flat - Right leg stable
 - Wind up around the right leg
 - Hips & shoulders counter each other
 - Left foot is light and loose on the circle
 - Weight is 60-50 right/40-50 left

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Wind Up



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Balance Left to Right (L2R)

- Left arm, knee and foot locked in same plane
- Inside ball of left foot as guide
- Left shoulder around left toes
- Arms up - see the horizon

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Balance Left to Right

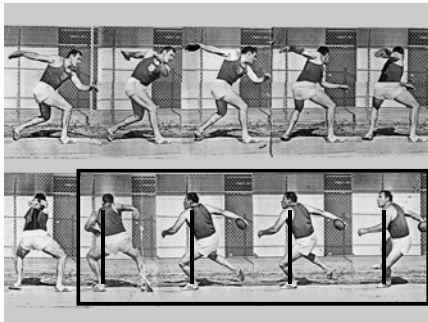


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Balance Left to Right

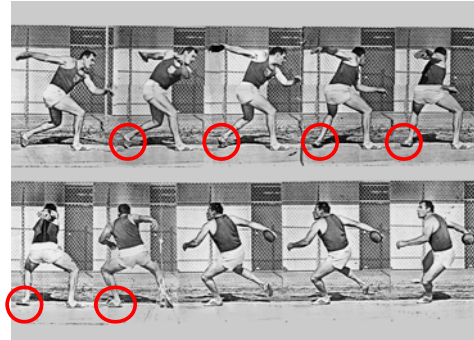


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Inside of Left Foot



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Balance Back to Front (B2F)

- Inside ball of left foot as guide
- Knee leads & hips must follow
- Maintain integrity of posture
- At 9 o'clock - left knee drops - right knee comes off
- Left thigh close to vertical
- Hip Path through circle
- Balance B2F allows hips to get ahead to middle & right leg to work

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Balance B2F



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B2F



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B2F



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Orbit of the Discus

- Low points and High points line up to the throw direction
- High point is from body lean back NOT lifting the arm
- Arm stays at 90 degrees to trunk
- Discus is smarter than you – let it go
- Like the orbit of the hammer

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The Orbit



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The Orbit



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Hip Path & Rhythm

- Level in unwind
- Drop at 9 o'clock in OB position
 - Left knee folds down
- Slight rise in middle
- Settle then around, slightly up & out into throw

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Delivery Keys

- Complete Right foot, knee & hip rotation into throw direction
- No hit in the block
- Wait to come into the block
- Don't hit it with the left side
- Don't hit it with the right side
- Just Don't Hit It

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Delivery Keys



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Delivery Keys



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