

24. Discus – Including soft Discus, Bean Bag & Quoit

The **Sling** throwing action refers to a Discus, quoit, hoop or bean bag throw. Athletes should ensure they keep a **long relaxed arm action** when using the sling throwing technique. Athletes should also practice pivoting to aid their discus throwing.

Stage 1 Red Challenges

24a) Demonstrate a 'Sling Throw' with **long arm and relaxed shoulder** (Using a Hula hoop, Quoit or bean bag).

24b) Demonstrate a 'Sling Throw' with tall **upright posture and good balance**.

		<p>TALL UPRIGHT</p> 	<p><u>TECHNIQUE CHECK:</u></p> <p>LONG ARM AND RELAXED SHOULDER</p> <p>TALL UPRIGHT</p> <p>THROW ARM & HIGH FORWARD</p>
<p>'Sling Throw' = SIDEWAYS ON RIGHT SHOULDER FORWARD HOLD LEFT HAND SLING HAND UP IN AIR</p>			

Stage 2 Yellow Challenges

24a) Correctly hold a Discus (soft discus) in hand, with **fingers spread comfortably across the implement**.

24b) The rim of discus rests across the **finger pads**

<p>FINGERS SPREAD COMFORTABLY <u>ACROSS THE IMPLEMENT.</u></p> 	<p>DO YOU LOOK PERFECT = by side & HORIZONTAL NOT PERFECT MOVEMENT</p> 	 <p>GENTLY ROTATE IN GRIP</p>	
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Stage 3 Green Challenges

- 24a) **Bowl the discus on the ground to a partner**, releasing off the index finger.
- 24b) **Flip toss the discus in the air** (forwards and upwards) releasing off the index finger.
- 24c) Demonstrate a **single arm sling throw with rotation through waist**, to increase force.
- 24d) **Identify preferred slinging arm**.

<p>5 PACE SLIDE TO PARTNER – BOWLS STYLE</p> 	<p>ON ITS SIDE + spin TOSS THE DISCUS IN THE AIR -=>forward & upward TO PARTNER</p> 	<p>HOOP POWER THROW SINGLE ARM SLING THROW WITH SPIN ROTATION THROUGH WAIST MAX - BACK & FORWARD</p> 	<p>PREFERRED SLINGING ARM</p>
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Stage 4 Purple Challenges (IN SHOT PUT CIRCLE!!)

- 24a) Standing Side Throw: start with left shoulder in direction of the throw, feet 1 1/2 shoulder-width apart.
- 24b) Standing Side Throw: **swing Discus backwards and then pull forwards**, pivoting on the right foot (right handed thrower).
- 24c) Standing Side Throw: **turn the right heel out** while **pushing the right hip forwards** and blocking with the left leg.
- 24d) Standing Side Throw: release the discus about head height, releasing off the index finger.

<p>LEFT SHOULDER IN DIRECTION OF THE THROW, FEET 1 1/2 SHOULDER-WIDTH APART</p> 	<p>TOES +PIVOTING ON THE RIGHT FOOT – BACK UP ON TOES + max arms back forward</p> 	<p>PUSHING THE RIGHT HIP FORWARDS ANCHOR LEFT & MOVE RIGHT HIP FORWARD</p> 	<p>ACROSS BACK + FORWARD RELEASE THE DISCUS ABOUT HEAD HEIGHT</p> 
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Stage 5 Blue Challenges

- 24a) Standing throw from Power Position: **start with shoulders square to the back of the circle.**
- 24b) Standing throw from Power Position: demonstrate 'Power Position' with **left toes in line with the heel of the right foot** (right handed thrower).
- 24c) Standing throw from 'Power Position': demonstrate 'Power Position' with a **'Chin-Knee-Toe' alignment.**
- 24d) Standing throw from 'Power Position': swing the discus **backwards-upwards with palm down** (do not break the movement).

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Stage 6 Black Challenges

- 24a) Standing throw from Power Position: initiate the throw with a vigorous action of the **right hip and leg turning to the front.**
- 24b) After the hip has driven, **pull arm through long, fast and last.**
- 24c) Keep the arm **'long and relaxed' throughout the throw.**
- 24d) **Left leg, then hip, brace prior to release** (transferring force).
- 24e) **Increase the weight of the Discus while maintaining technique**

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