

COACHING WITH IMAGES

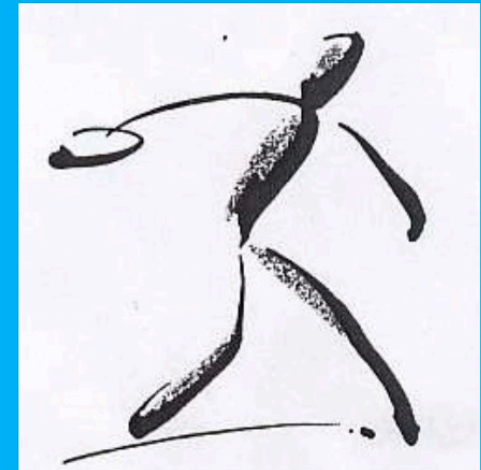
DISCUS

Coaches have to talk to their athletes, but it is not always that easy. You may think that you have explained an idea very clearly, but for some reason, the athlete has not understood and gets it wrong. So, like in many other situations:

A GOOD IMAGE IS BETTER THAN A LONG EXPLANATION .

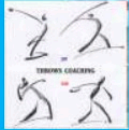
An image can often 'talk' to the athlete better than the coach if it is well chosen. Nearly all coaches have their own 'talking images'. Here are some which have proved to be quite effective. Some I have found myself but, more often, have 'stolen' from other coaches!

The following set of images cover nearly all phases of the throw and should be of great help for both coaches and athletes.

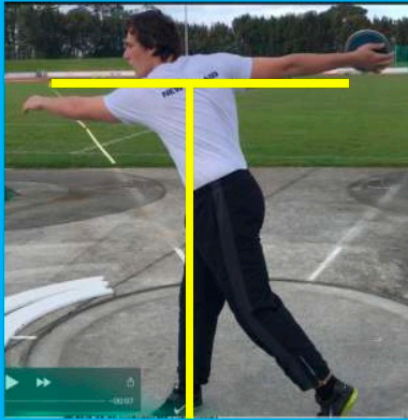


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1. TAKE the 'T'!



THE IDEA BEHIND THE IMAGE
We are not actually having a cuppa tea but looking like a 'T'. The image reminds the athlete that at nearly all times during the throw the vertical axis of the body and the line of the shoulders/arms make a perfect (clined)



81.5%

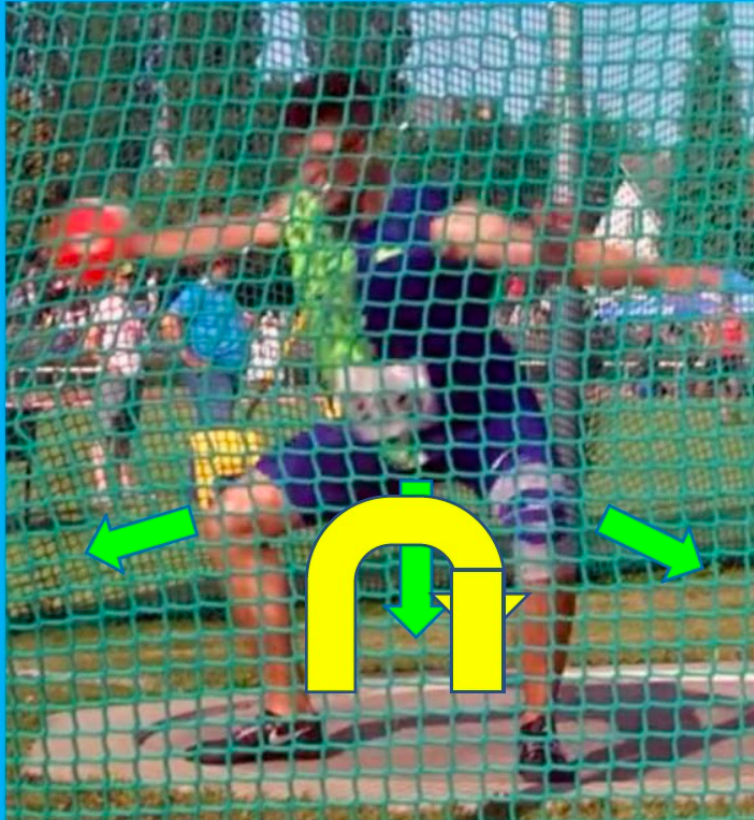


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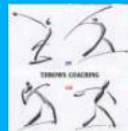
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2. BUILD THE TUNNEL! (or the bridge)



THE IDEA BEHIND THE IMAGE
After a preliminary trunk swing, the thrower goes down on his legs and spread the knees apart to build the widest base possible. This will prevent early turning of the trunk to the left.

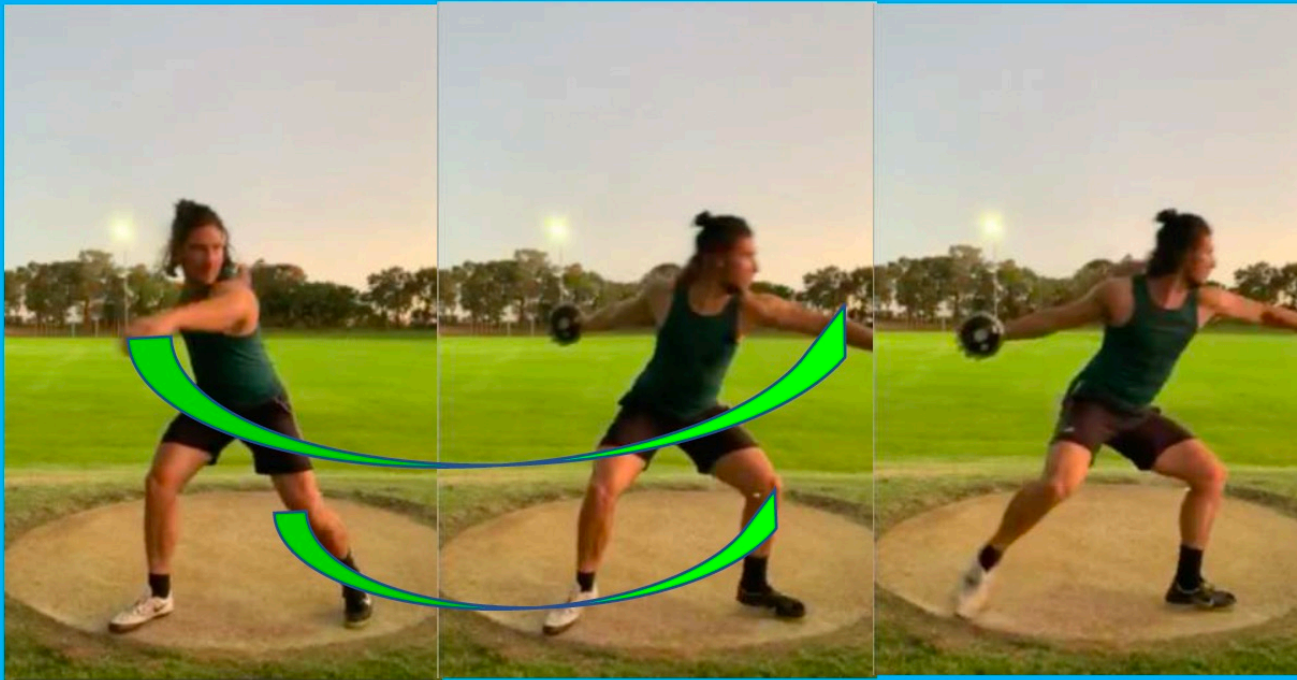


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3. OPEN THE DOOR!



THE IDEA BEHIND THE IMAGE

The thrower opens his left side in one block, ie, left knee and left arm move on the same vertical plane. The thrower should not pull his left arm around to the rear as his first action. Open cautiously!

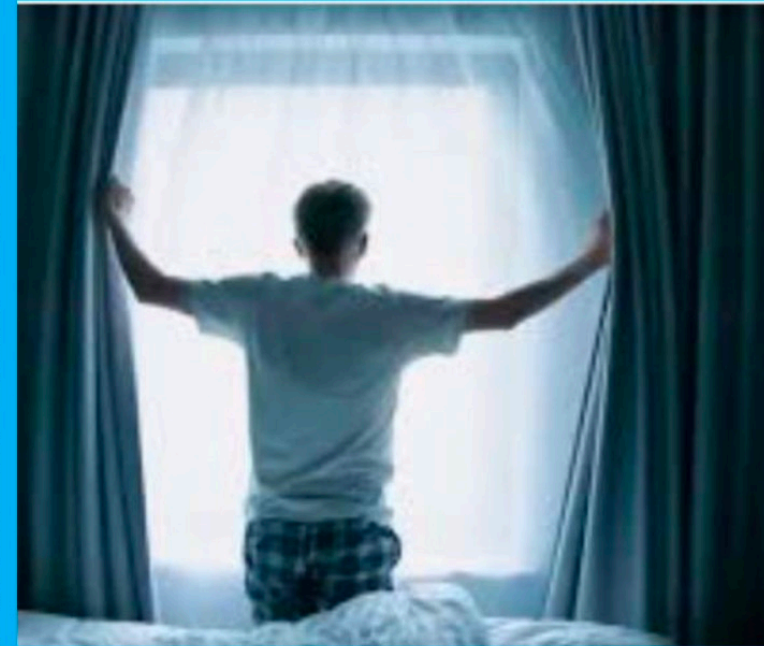


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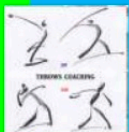


4. OPEN THE CURTAIN!



THE IDEA BEHIND THE IMAGE

This is quite similar to the 'open the door' image (#3); but focuses more on the left arm action opening forward then wide toward the left.



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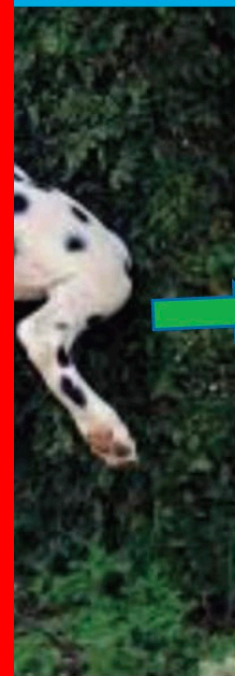


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Cheers and welcome.



When you jump, do not rush to the right. Push your right leg as wide as possible, by pushing the right knee forward and wide. A typical

do not rush their purpose.

