

TECHNIQUE DISCUS

The DELIVERY with Luis DELIS

(Document adapted from bulletin FFA l'athlétisme N° 439)

À LA LOUPE

Un cas d'école

Body position back of left foot vertical

RIGHT ARM
extended must not
hit under the
shoulders line

HEAD up
Eyes on the
trajectory

RIGHT ARM
HIP and LEG
build a firm
"blocking"

LEFT HIP and
SIDE
"hit" forward using
the left side as
support and
rotational axis

Extended
LEFT
LEG an
KNIE

Rotation
forward of
RIGHT
KNEE and
FOOT
completed

LEFT
LEG
build the
rotational
axis

LEFT
FOOT flat
on the
ground
oriented
slightly
inside

RIGHT SIDE
LOOSENESS
"HIT" forward and
"throw" the arm

LEFT SIDE UNDER
TENSION maintains the
blocking