



THE CONNECTIONS IN THE DISCUS THROW



Connor BELL
New Zealand
23 y
68.10m



Tom REUX
France
26 y
PB 67.91m



Etienne ROUSSEAU
Australia
22 y
PB 58.73m

The connection in the discus throw are the actions which allow to connect the different postures together , to build the rotational , translation and lifting forces , facilitate the succession and addition of these forces and the efficiency of their transfer into the implement.

Before to work prematurely with the full throw and be exposed to a high risk of doing faults , it is essential to train first these connections separately , then in sequences, with different situations and implements . The objective being the mastering and coordination of movements , but also , the internal education of the RIGHT feelings that one will try to reproduce with the competition implement.

This is a **PRECISION** and **DEMANDING** work of which the idea of immediate performance must be excluded . One must also not satisfy with occasional successes . You have to show determination , patience and inventivity ; identify the difficulties and find the appropriate correction exercises.

And before anything, not to act like a "throwing machine" which always reproduce the same mistakes and is satisfied to bombard stronger and stronger ...but produce always the same results....



THE CONNECTIONS IN THE DISCUS THROW

From **ENTRY** to **LEFT FOOT PIVOT**

GO DOWN OPEN WIDE

From **LEFT FOOT PIVOT** to **RIGHT LEG SWING**

PRESS and GO

From **RIGHT LEG SWING** to **RIGHT FOOT LANDING**

GO and CATCH

From **RIGHT FOOT PIVOT** to **LEFT FOOT LANDING**

PIVOT-OPEN-PLANT

From **LEFT FOOT LANDING** to **BUILDING TENSIONS**

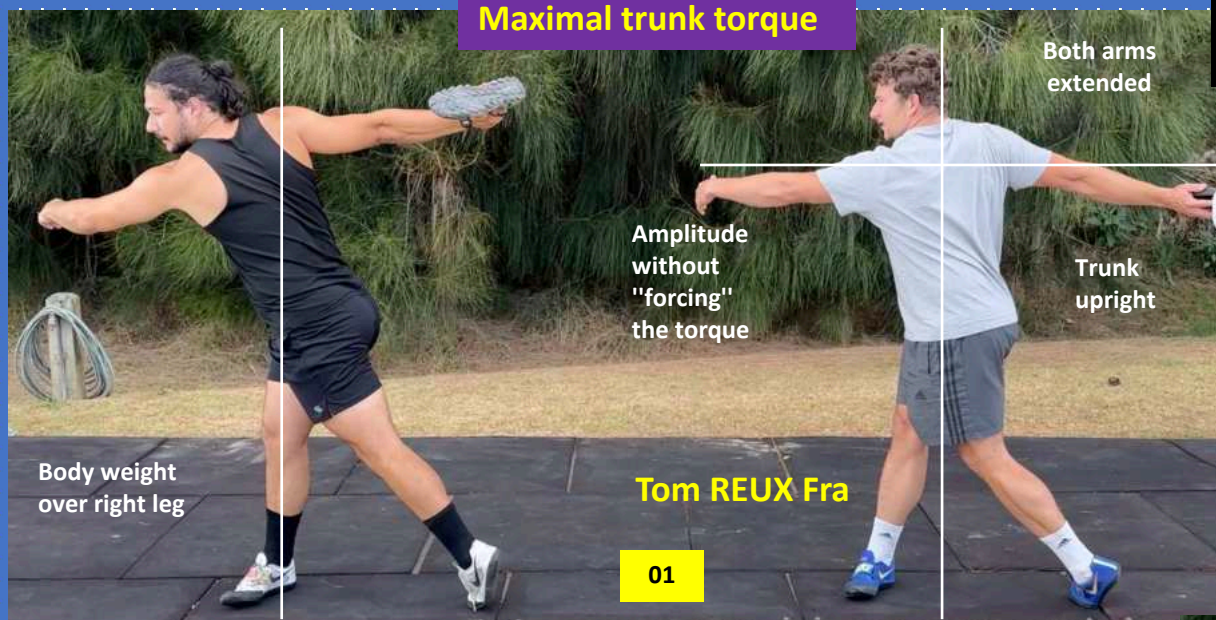
PRESS DOWN and FORWARD

From **BUILDING TENSIONS** to **DELIVERY**

PRESS and THROW ... SLAM !

THE CONNECTIONS IN THE DISCUS THROW

1-From ENTRY to LEFT FOOT PIVOT : GO DOWN and OPEN WIDE



In this phase , one will look for RANGE and BALANCE . Starting from a maximal "non forced" trunk torque posture (01), the thrower first go down on the legs (02) and points the right knee toward the right to get a large base (2-3) and build a "tunnel". The trunk is upright or slightly bent forward . The left arm opens first wide forward then toward the left in the same vertical plane as the left knee . The body weight is progressively transfered over the left leg and applies pressure in the inside of the left knee and on the pivoting foot to trigger the rotation. (03) -To eventually "start faster" (if needed) it would be preferable to press down faster on the left knee than to try to pull with the left arm.



Ne pas tirer avec le bras gauche

Open the left arm wide forward

Going down and spreading the knee

Head and eyes on the left hand

Knee wide apart building the "tunnel"

Right foot leaves the ground

Trunk upright

Transfer of the body weight over the left leg

Left arm and left knee on the same vertical plane (Opening like a door)

Arms extended

Press inside the left knee to produce rotation

THE CONNECTIONS IN THE DISCUS THROW

1-From ENTRY to LEFT FOOT PIVOT : GO DOWN and OPEN WIDE

Connor BELL (NZL) training throw
Auckland February 2025

Variation with shifting of the left hip

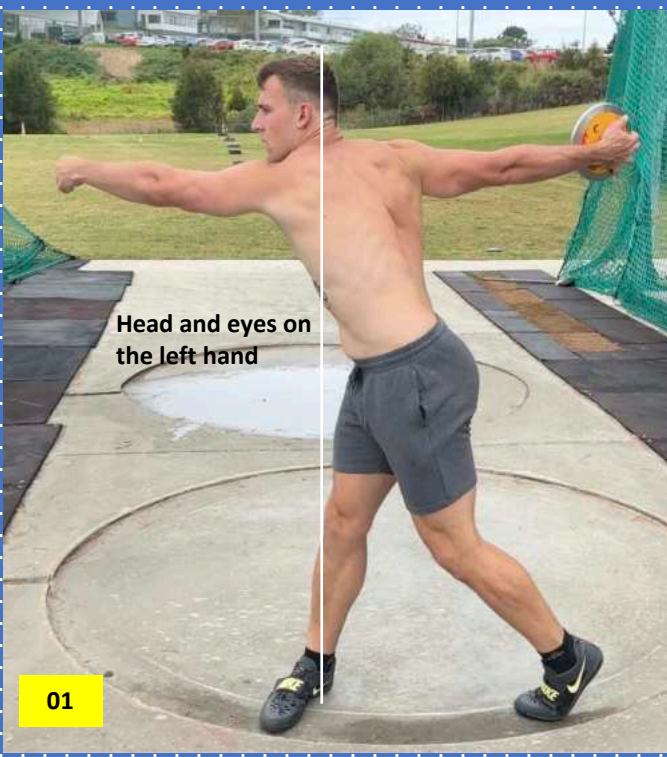


in this variation , the thrower (Connor BELL NZL) shifts his body weight directly onto the left leg like if he was trying to sit sideways, and keeps his upper body facing toward the right as long as possible. He is also leaning forward, looking for more range of the upper body and the arms/shoulders's line. This early and more important pressure over the left foot/knee allows for a faster and effortless start and a well balanced pivoting posture without any opening action from the upper body.

Maximal trunk torque

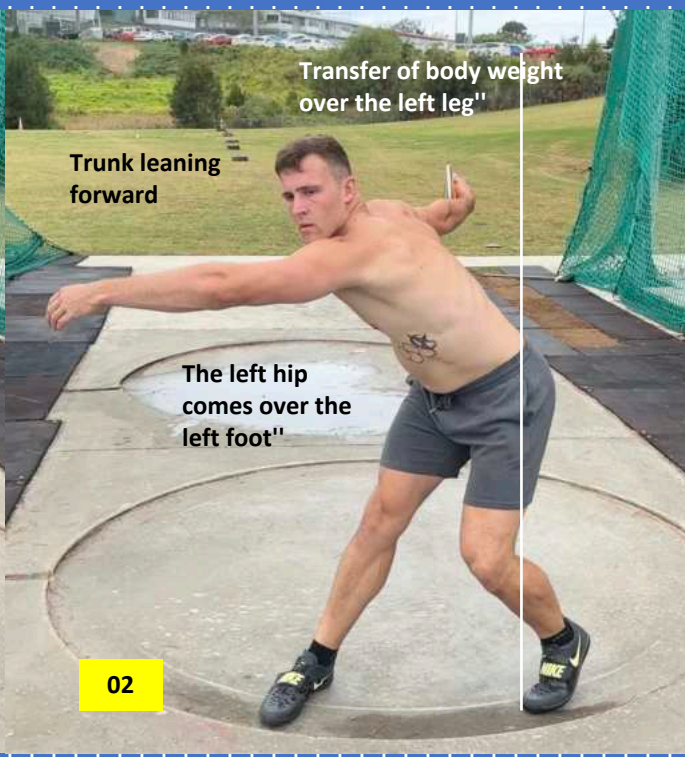
Entry

Right foot leaves the ground



Head and eyes on the left hand

01



Trunk leaning forward

Transfer of body weight over the left leg"

The left hip comes over the left foot"

02



The arms/shoulders's line is still facing toward the right

Legs flexion

03



Knee wide apart

04

THE CONNECTIONS IN THE DISCUS THROW

Tom REUX (France) Imitation of "press and go" Auckland February 2025

2-From LEFT FOOT PIVOT to RIGHT LEG SWING : **PRESS and GO !**

In this phase , the problem is "to stop turning" (when the left toes are pointing forward) and to transform the rotational forces of the pivot into translation forces to drive across the circle. To achieve that , the thrower maintains his arms/shoulders's line facing to the right as long as possible , preventing it to open further than the median line and he starts actions from the lower body to "run ahead" of the upper body , creating dissociation between these 2 body parts.

These actions are : 1-Active pressing down on the left knee with will cause a spring like reaction up and forward with the left knee still pointing downward. – 2-Swing of the right "free" leg which moves wide away, fully extended, to build momentum and collect energy , then 3-"Attack" of the right knee forward and at first slightly toward the right to drive across the circle ...and -4-Extension of the left leg rolling on the left foot . The final result look very much like if the athlete would start for a sprint stride.

One does not try to TURN or to JUMP , just to go actively FORWARD with a more or less grazing stride.



THE CONNECTIONS IN THE DISCUS THROW

The PRESS and GO from Connor BELL



2-From LEFT FOOT PIVOT to RIGHT LEG SWING : PRESS and GO !

In this phase , Connor BELL is especially fast following his more aggressive squeezing of the left knee and left foot pivot . He is benefiting from an important horizontal reaction which he will increase with his right leg swing . He is , from all the best world throwers, the one who has the shortest suspension time . He has the trunk leaning a bit forward at the end of the left foot pivot but this fits with his intention to come inside very aggressively , closing and getting the left shoulder down (even before the landing of his right foot) to get a maximal torque of his trunk and delay of his throwing arm in this phase where he is extremely aggressive !!

Don't POP UP at the end of the left foot pivot

Connor BELL (NZL) training throw-- Auckland February 2025



THE CONNECTIONS IN THE DISCUS THROW

2-From LEFT FOOT PIVOT to RIGHT LEG SWING : Etienne ROUSSEAU's PRESS and GO !

Etienne ROUSSEAU (Aus)
Training throw
Auckland February 2025



The young Australian has worked more especially on this phase during his training camp in Auckland, trying to have less upward impulsion and the right knee to drive close to the throwing median line. Less jumping and less turning! In this training throw, the postures are absolutely excellent with the upper body facing forward as long as possible, a good squeezing on the left knee which throw him forward in a long grazing stride..

Opening "like a door"

Perfect
"T" posture

Don't TURN with
the upper body

Posture of the "wide
sprint stride"



THE CONNECTIONS IN THE DISCUS THROW

3-from RIGHT LEG SWING to RIGHT FOOT LANDING: GO and CATCH !



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Exercise... February

RIG

Pressure on to the left knee

turns inside

Don't som

04

03

RIGHT FOOT LANDING

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and lower than the right in
an inclined "T" posture.