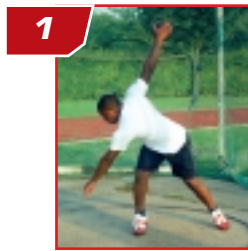


Introduction

A fling throw is used in throwing the discus, requiring speed, strength, suppleness and skill. It is thrown from a concrete throwing circle, measuring 2.5m in diameter. A u-shaped protective cage encases the circle. The discus must land in a throwing sector spanning 34.92 degrees and no part of the body may touch the ground outside the circle during the throw. The following model covers the basic technique for the standing throw and throw with a turn for a right-handed thrower and includes teaching tips to improve performance.

Note that left-handed throwers should reverse the indicated instructions.



Teaching Points

It may be more appropriate to use a substitute discus, (rather than the regulation version), which is lighter, less hazardous and easier to control such as a quoit or foam discus. In these instances a throwing cage need not be used although as with all throwing activities both the teacher and the thrower have responsibility to check that the predicted line of flight and the adjacent area are clear before they throw, allowing a wide margin of error.

Competition weights for each age-group are detailed opposite. Always begin to teach using lighter throwing implements, quoits and foam discoi before progressing to the weights shown.

Boys	Weight
U 13	1.00kg
U 15	1.25kg
U 17	1.5kg

Girls	Weight
U 13	0.75kg
U 15	1.00kg
U 17	1.00kg

'How to'

The Grip / Hold

- The thrower should hold the discus flat against the palm.
- The fingers are spread evenly over the discus with the thumb flat.
- The discus is held, not gripped tightly.
- The first joint of the four fingers is curled over the rim.

Teaching tips

Centrifugal force will do the main job of holding the discus in place when the thrower starts to move.
When the arm hangs down the finger ends hold the discus in place.

Standing forwards throw

- The thrower should roll the discus along the ground on its rim so that it leaves the hand rolling off the forefinger.
- Modify the roll and use a pendulum swing of the arm to throw the discus for height and distance.

Teaching tips

Students should start from a bent legs position and encourage the use of the legs to initiate the arm.

How to (cont.)

Standing Throw

The thrower should adopt a side-on stance with feet just over shoulder width apart.

The toe of the foot should be level with the heel of the right, which is parallel to the centre of the circle.

As the discus is swung back behind the right hip, the right leg should be bent.

The right heel should be turned outwards initiating the right leg and hip rotation.

Teaching tips

Draw lines for foot marks to begin with.

Students may take one or two preliminary swings.

The upper body and body weight should be over the right leg in the wind up phase.

The throw is initiated by the legs with a vigorous right foot turn, then knee, then hip in the direction of the throw.

The hips then the chest are driven towards the direction of the throw.

Arm should be 'fast and last'.

It is not essential that the standing throw is taught in the early learning phase.

A student could move from the discus roll to the running throw with a turn.

Running Throw with Turn The grip should be as per the standing throw.

The Approach

The thrower should start at the rear of the circle and face the direction of the throw with the left foot inside the circle pointing in the direction of the throw.

The arm should be hanging long and loose by the right hip.

The thrower should run towards the direction of the throw turning the right foot under the body in the centre of the circle.

This foot should keep turning as the left lands.

Teaching tips

Encourage students to try and keep the arm and discus long and loose during the initial movement.

Students should land on the balls of the feet.

Encourage students to focus on an object on the skyline and try to keep looking at this for as long as possible.

The Full Turn

The thrower stands at the rear of the circle with their back to the direction of the throwing area.

When the discus is swung back to its furthest point, the student should start an anti-clockwise turn.

The body weight should move out and over the left foot, which then turns in the direction of the throw.

The right leg is swung low and long landing in the middle of the circle ahead of the body.

The left arm should fold across the chest.

The body weight should be over the ball of the right foot on a bent right leg.

The left leg swings behind the body landing in the direction of throw.

Teaching tips

Draw a direction line on the floor for students to follow.

Ask students to imagine they are running down the direction line and turning the feet in the middle.

Encourage students not to rush at the back of the circle and to remain balanced. Build up the speed gradually.

In the centre of the throwing circle, feet are slightly more than shoulder-width apart.

Encourage a running action, not a jump.

Delivery

The thrower should turn the right heel outwards initiating the right leg and hip rotation.

The left leg is extended and braced.

The force from the pull of the hips lifts the arm.

The arm should be released fast and last.

The discus is released in a clockwise direction off the first finger.

Teaching tips

Encourage students to feel the release off the final finger.

Encourage students to watch each other from the side to observe technical points.

Recovery

The legs should reverse position after the discus has left the hand.

The right leg should be bent to absorb the forward momentum.

The upper body sinks down and the left leg swings backwards.

Teaching tips

Encourage students to stay active yet relaxed.

The timing of the braced left leg in the delivery will make it easier to assist in staying in the circle.

Ask students to leave the circle in a controlled manner and from the rear of the circle.