

Discus- Practice Stations

By

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When setting up a practice session for your throwers one concern can be time on task. As we know you can only have one thrower in the ring at a time, so the question becomes what to do with the rest of the group. One answer might be to set up rotating stations that allow them to work on various part of their technique. In the next few paragraphs we will look at a model that might work for you.

- 1) Station one has the athlete in the ring. Here we can set up the number of throws we want the athlete to take and the type on throw we want to work on that round.
- 2) Station two has the athlete in the field returning the throws. I like to use this station to work on good standing throw technique.
- 3) Station three has the athlete working off to the side on block and balance drills. Here I like to add the cone drills so that the athlete can see if he/she is turning the power foot as well as keeping the body weight back on the power side.
- 4) Station four has the athlete off to the side working mirror drills. I start with 180 turns then have them go to 270s with a good block and balance finish.
- 5) Station five has the athlete off to the side working on float-float-sting. Later in the season I will change this station to sting only.
- 6) Station six has the athlete off to the side working on full spins. From this station the athlete moves in the ring and the rotation begins again.

As you can see, you can control the reps at each station by the number of throws you give the thrower at station one. Maybe this model will give you some help or at least an idea that you can use. Good Luck to you and your throwers now and in the future.

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