

# DISCUS

When discus throwing: -

- Hold the discus flat against your palm; the edge of the discus sits on the pads of the first joints of your fingers; rest your thumb on the back of the discus
- Use a balanced ready-stance; hold the discus up in front of your eyes; your throwing hand on top of the discus; your non-throwing hand underneath for support
- Keep the discus flat and your throwing hand on top while you swing the discus back off your supporting hand in a wide arc
- Swing your feet, hips, chest and shoulders to the front as you move your weight from your back to your front foot
- Stand tall as you swing your arm forward
- Release the discus off your index finger (out of the front of the hand) in a flat spin
- Watch the discus go



