



# Technique Card: Discus Standing Throw

The aim of the discus throw is to create separation of the upper and lower body and a stable foot positioning in order to accelerate the discus through a long range of motion



Total

16

# Teaching The Discus The Coachthethrows Guide

**Tony Naclerio**

## **Teaching The Discus The CoachThethrows Guide:**

**Teaching the Discus** Dave Hahn,2012-12-04 **Teaching the Discus The CoachTheThrows Guide** is an illustrated manual designed for the coach of beginning through intermediate discus throwers The manual walks coaches through teaching progressions and a series of drills to efficiently move athletes through the progressions It s small size and easy to maneuver format make it a great resource to add to your coaching bag for quick reference **Shot Put and Discus Drills** Dave

Hahn,2012-06-18 Coach Dave Hahn covers 20 popular drills for shot put and discus throwers Still images highlight the key aspects of each drill and online video access is provided for reference

**A Training Guide for the Discus Specialist** Bill Tancred,1978 **The Teaching Progressions of the Shot-put, Discus, and Javelin** Tony Naclerio,1988

**Progressive Basketball Drills** Don Edmonston,Jack Lehane,1984 **The Dribble Drive Offense - a Complete Instruction Manual** Coach M.

Olesen,2011-06-10 This is an awesome book The book offers more than just X s and O s it has great drills as well as insight into how to build a practice a program and a mindset At this price I would recommend purchasing it even if you do not plan

on running DDM Review at Championship Productions Kentucky Wildcats former coach John Calipari called it Princeton Offense on Steroids and nearly got crucified for it but it took his teams to the Final Four time and again It was labelled as a street ball offense but as people have gotten to know the offense Vance Walberg worked on for 15 years it has become clear

that this is a great invention that won t go away The offense is renowned for developing players and players love to play in it In 195 pages this book details The fundamentals All the drills like Blood Drills and the Daily 45 The reads and X s and O s

How to enter into it off the break or from a half court set 90 pages of drills including Vance Walberg s and John Calipari s drills Plays entries and quick hitters Playing against sagging switching defenses Coach Olesen has coached basketball since

1995 in three different European countries and on American camps He s a professional basketball coach coaching both children and adults More information and eBook version available on [www.coachdribbledrive.com](http://www.coachdribbledrive.com)

**The Throws Manual** George D. Dunn,Kevin McGill,1991

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