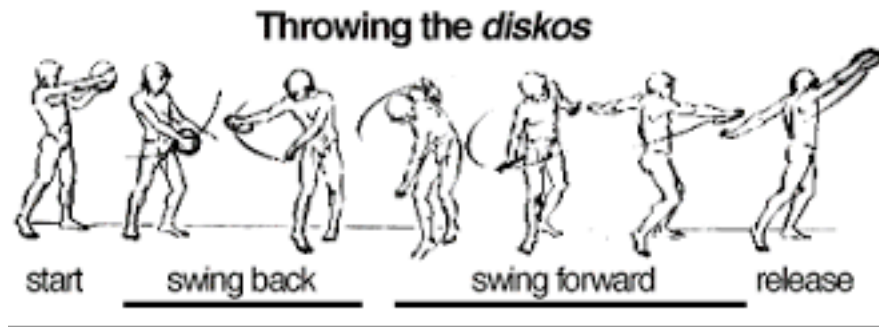


## Discus



**Grip** - Hold discus in palm with ends of finger wrapped around the edges (fingers spread out) Thumb should rest on back of discus.

**Support** - When preparing to throw, have throwing hand over the top of discus and other hand underneath for support

**Flat** - Keep the discus **flat** when preparing to throw and when throwing (it should skim through the air)

**Side To Target Space** - Have knees bent and stand side on to where you plan to throw. The heel of back foot level with toe of front foot.

**Push** with the legs and finish with chest and hips facing forward

**Release** - Discus is released off the index finger in a **flat** spin

**Finish** looking up to where you want to throw and hand releasing discus should also be up to where the discus should go (not down towards the ground)