

## The Throwing Events

### Common movements

Legs first, arms last

Weight transfer

Extension

Non-throwing side brace

At their most fundamental level the shot, discus and javelin involve the following action sequences. If these elements are practised and mastered, the students will be well equipped to develop the skills of throwing further. Descriptions relate to right-handed thrower.

#### **Weight Transfer from Right to Left**

The final throw is initiated by the right foot/leg rotating the hips forward, transferring the weight over the left (front) leg.

#### **Legs first, arms last**

It is important that the very strong, but slower moving muscles of the lower limbs accelerate the implement initially. The weaker, but fast moving, muscles of the arms can only be effective when the implement is moving quickly and therefore the arms are used as late as possible.

FAST AND LAST.

#### **Extension**

The implement is always released from a stretched, high position – the thrower starts low and finishes high.

#### **Left side brace**

It is quite common to find students collapsing the left side of the body just before release. The left side should be braced to allow the right side to accelerate round or over it. A strong, powerful release position should be taught.