

Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

Discus Freeze

Objective: To focus on throwing out of the power position

Description: Designate a playing area. Run around the area. Approximately after 30 seconds, yell “freeze,” or have someone yell “freeze.” Assume the start of the discus throwing motion and hold this frozen power position. Check your form and readjust into a good position. Next, call “heat,” which will melt your frozen position and then continue your throwing motion. Halfway through yell “freeze”. After you freeze, check your form and readjust into a good position. Call “heat,” which will melt your frozen position and then continue your throwing motion and get into the power position as you yell “freeze”. Check your form. Call “heat” again and explode out of the power position and simulate the discus release. You are then free to start running again and repeat the process.

Variations: (1) Change the size of the playing area. (2) This could be done for all throwing events including discus and javelin.

Equipment: Cones to define playing area

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