A

“Contrarian”

Approach to

the Discus

Throw
I started throwing the discus in 1971, as a way to prepare for football. I got up to 103 feet as a high school freshman, weighing 118 pounds. In high school, I focused on football, bench pressing and the discus, ultimately throwing 170’ 9” weighing 162 pounds. Then, I met Dick Notmeyer, here with his wife, Joy, who taught me the Olympic Lifts. My bodyweight soared…and so did my discus throwing. I ended up as the Small College Junior College State Champion in California, and a full-ride scholarship to Utah State University. I finished my senior year with school records in the weight and hammer…as well as a 190’6” discus throw. I continued my education with Masters Degrees in History and Religious Education, as well as being awarded a Fulbright Scholarship to study in the Middle East.

Today, I continue to throw and lift. I hold numerous state records in lifting, won the national masters championship in the discus, won the national masters championship in weightlifting and compete in several Highland Games each year. I also spend my days as the Diocesan Director of Religious Education for the Catholic Diocese of Salt Lake City. I spend a lot of hours on the road doing workshops and speeches, but I find my center with my family, my wife, Tiffini, and my daughters, Kelly and Lindsay.

I dedicate this small work to anyone who struggles finding their path.

Daniel John
Lent, 2002

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“Contrarian” Coaching

It all started with a Cross Country Skier

Back in 1985, Olympic Medalist and World Champion Bill Koch came to Salt Lake City. A local ski rental store provided a work shop for the public. I was certainly the only “strength” athlete there, but I found Koch’s discussion riveting. Why? Nobody there, save me, could listen to what he was saying. What? Oh, they could hear him, but they couldn’t listen to him.

I was with a student of mine who later skied for the University of Utah. He kept asking the same questions of Koch: “How many hours do you train? What Periodization do you use?”

Koch, an Olympic medalist and World Champ, kept answering: “I take my girls three times a week to the bunny hill at the resort…I race them to the top of the lift while they take the chairs, then we ski down as a family. I do this over and over again. It gives me the “biggest bang for the buck.””

What the other skiers wanted to hear was…well, something else. Koch wasn’t “doing things right.”

There are lots of “us” not “doing things right”

I left that workshop a much better coach and probably a better athlete. No, I am not much of a cross country skier, but I knew Koch had a gem hidden in this workshop. Soon, I began attending football clinics looking for the same kinds of insights as Koch…people doing things “a little” different. Jimmy Johnson, later coach of the Dallas Cowboys, gave a workshop outlining the keys to football success. He kept adding: “we do things a little different.” He focused on simplicity, conditioning and winning the “sudden changes,” fumbles and interceptions. It worked.

Later, I met football coaches who got rid of snap counts, ran odd formations, only kicked onsides, or ran goal line formations all over the field. Then, I went to camp with the two great contrarians, and good friends…John Powell and Brian Oldfield. If you told either of them that we are going “left,” expect them to march to the right.

Listen to Insanity long enough and it will sound sane

I had just finished talking at a Track and Field Clinic in California when a few hands went up. “How much do you have your throwers run?” “Uhhhh, none.”

I should have known better. Same coach, same hand goes up: “I run ten miles every morning, so I figure these high school kids should at least be good for half. Har har har.”
Another one. Another one of these “joggers” who are given high school track coach jobs and think that jogging is a track and field event. I answered: “So, by your logic, every kid on my team, girls included, should bench press 200, because I can go over 400?”

The key to contrarian coaching is to listen to this coach and do the exact opposite of everything he says!!!.

A “Partial” List of things to throw out...
1. All jogging...slow anything... for throwers
2. That “team” warm up when everybody does nothing together
3. Stretching...do your Overhead Squats
4. Warming up, warming down, cooling down
5. Jogging...or any slow running
6. Teaching the discus (or shot, hammer, javelin, pole vault or whatever) with the discus (or shot, hammer...)
7. Recruiting the “Image” of the Thrower
8. Talking and standing around
9. Working out for more than an hour
10. Coaching one athlete while everyone watches you coach one athlete

Learn by doing, doing, doing

My practice sessions involve little traditional coaching. Most of the time, the athletes are doing multiple repetitions of a drill, then moving to the next, then the next. In one hour, at most, the athletes have taken hundreds of throws, lifted, drilled and reinforced proper technique.

Contrast this with what I saw a few years ago during a local high school track practice. The coach gathered everyone in and reviewed the sheet he had posted on the wall. Then, the whole team jogged two laps. They spent about five minutes organizing into lines for stretching. They stretched for twenty minutes or more with no one getting more flexible...or learning anything about track and field. Then, the coach relined them up for “plyos.” Every athlete, whether grossly overweight or obviously lacking in the months of strength training needed for plyometrics, began leaping and bounding across the field for an additional twenty minute. Another team meeting, so everyone could cool off, then the athletes went to their events. They had been to practice for over one hour, yet none of the throwers had thrown.

The discus throwers all went to the ring with their discii. They all got in line. The first thrower walked to the front of the ring, took six swings and launched a poor standing throw. The other seven followed then they all walked out to get the discs. Are you still reading? When do they train in the discus? I watched, amazed, for almost another hour while each of the discus throwers got about a dozen throws...none with the full turn!!!
One thing I can guarantee with your athletes if you follow my advice…none of them will ever be bored! They simply don’t have the time!

I always joke that I have several assistant coaches: Coach Gravity, Coach Time and Coach Pain. After the 100th repetition, all three will be evident in any training session!

The Five Lessons
Teaching the discus in the following method is different. I strongly suggest reading the whole thing first! Then, apply it to your athletes. Each lesson can take anywhere from ten minutes to two hours. It would be best in an hour a day over five straight days. However, the important thing to do is to insist on proper attendance, mastery of each step, and learning the vocabulary of the method.

Suggested Steps
1. Read the whole book first!
2. Arrange times and locations for the five lessons.
3. Get your equipment: a bar, two dumbbells, two long sticks or poles, a power ball and a tire.
4. Jump in!

Thank you!
Thank you to my brothers Rich and Gary who first taught me this event; Coach Bob Lualhauti, Coach Ralph Maughan and Dick Notmeyer who raised my sights, thank you; John Powell, Bill Witt, and Brian Oldfield who made me a student again, thank you; Eric Seubert, Paul Northway, Ben Thuma, Aaron Ross, Nick Gibson, Nick Aiello, Nick Hristou, Lauren Dorsch, Matt Webber, John Price, John Richardson, Taylor Arrigo-Jones, Steve Diaz, Eric Lindquist and a host of others who wouldn’t let me quit, thank you; Mike Rosenberg, Steve Shafley, MLL, and others, who have guided my thoughts, thank you. Tiffini John, who understands training better than anyone, thank you; Kelly and Lindsay, who have taught me patience, thank you. Finally, a special thank you to my Mom and Dad, who have passed over into eternal life for not only the gift of life, but all those long car drives to remote, lifeless places to cheer me on in my career.
To all the others whom I forgot...Thank you!!!
Lesson One

80 Percent of the Throw

The single hardest thing to teach young throwers is that they have, without doing a thing, the secret to success as discus thrower. Simply, tell them to stand tall, stick their chest out like they are on the beach, and raise the arms slightly to the sides…

That’s it. The key, of course, is having the footwork, balance, and confidence to hold this basic position throughout the throw.

If the athletes can learn to stay upright with their chests proud and lower back locked in, so the “body can be one piece,” the discus will go a long, long ways.

Fine. How do we teach this?

Muscle Beach

The very first drill, the very first day, I have all the young throwers stand in a line. I tell the boys, “You are on a beach. A cute girl walks by…” Immediately, all the boys inflate their chests, pull their shoulders back and lock in their lower backs. The funny thing is, the girls all laugh, then imitate the position perfectly.

Stretch!!!

This “Muscle Beach” position is given the name “Stretch.” When teaching the shot, we “Stretch” with an imaginary bar held across the back, with the discus, we simply hold the arms “out” towards the sides. The key, the key, the key to throwing is to “HOLD THE STRETCH!!!” John Powell is demonstrating the finish of the throw, but note the “big chest,” tight lower back, and long stretch of the throwing arm.

The Lessons so far…

1. Stand up with a big chest…

A little disappointing. What’s the big deal?

Well, it is the single most important point for success in sports!!!

A little anatomy lesson…often misunderstood!
What I am about to tell you will shock most athletes! But, … here goes any way!

**The Legs are not Stilts which the Upper Body Rests Upon…**

Rather the legs are “slung” between the legs at the hips. Understanding this is the first step to Championship Discus Performance.

So, right at the start of a discus clinic, I teach the basics of Squatting with a quick disclaimer…no accordion squatting!

Accordion squatting can be seen at every bodybuilding gym in America. Generally, the bodybuilder "wannabee" has no idea what to do anyway, so God Bless ‘em for squatting. Accordion squatting is starting the lift by moving the shin bone forward and trying to scoot the hips down on top of the legs. This is wrong! We sit back to squat and the shins barely move.

- To get depth, keep your "huge" chest and sit between your legs...

**The Drill**

What does "between the legs" mean? One of the true keys to squatting and the Olympic lifts and discus throwing is this simple concept. I teach it this way: have the athlete stand arms length from a door knob. Grab the handle with both hands and get your chest "up." Up? I have the athlete imagine being on a California beach when a swimsuit model walks by. Immediately, the athlete puffs up the chest which tightens the lower back and locks the whole upper body. The lats naturally spread a bit and the shoulders come back "a little."

Continuing with the arms in the "hammer throwing" position, with the Muscle Beach chest, lean back away from the door. Now, lower yourself down. What people discover at this moment is a basic physiological fact: the legs are NOT stuck like stilts under the torso. Rather, the torso is slung between the legs. As you go down, leaning back with arms straight, you will discover one of the true keys of lifting: you squat "between your legs." You do not fold and unfold like an accordion, you sink between your legs. Don't just sit and read this: do it!

**Teaching this to athletes in groups...**

The best way to have a group of athletes to do this is to have them partner up by two’s. Facing each other, have them cross arms and hold hands. Standing arms length (do not bend the arms!) both athletes let their weight sag away from their partner. Keeping the chest up…Muscle Beach style…have them sit back and counter each other.

Miraculously, the athletes usually keep their shins “fairly” vertical and squat correctly. I have one friend, Eric Aragon, who explains this feeling to young athletes simply as “how do you sit on the toilet?” If it works, coach it.

Not only do the athletes now have the secret to lifting…they have the first key to throwing!

**Why did we do this?**
This basic position learned here will carry over into all sports. But, more importantly, this position (and, of course, the years of squatting) will train your body to

**HOLD THE STRETCH!**

**Total Clinic Time So Far...**

Well, we stood up, got the Muscle Beach Chest, crossed arms and squatted. Depending on your group...one minute or one hour, maybe somewhere in between. It is now time, to get either some Olympic Weightlifting bars or some broomsticks or some PCV pipe and learn the key movement to build that **HOLD THE STRETCH** position.

**The Overhead Squat...or the Snatch Squat:**

**The Short Course**

You want a strong lower back, great flexibility, balance work, strong legs and the core muscles strong? You want something that will develop the ability of your throwers to hold the Stretch position? You want something that will transform your athletes in all sports?

The Overhead Squat. Do them. Grab a bar, lock the arms out with a wide grip overhead and sit “between the legs.” Repeat. Repeat again. Again.

**The Long Course**

After five decades of coaching at Utah State, Coach Ralph Maughan was retiring. His family organized a very fitting tribute: a surprise track meet. Utah State had developed champions in the hurdles, 800 meters, pole vault, shot put, and hammer but the program was noted, worldwide, for discus throwing. At this tribute meet, alumni from all over the United States and Canada returned. The discus throw had former world record holders, national collegiate champs, Olympians from two nations, and hosts of league champs. Every alumnus had reached at least 180 feet/55 meters in the discus and the roll call neared two dozen.

Standing around between throws, we had all decided to do shot, disc and hammer no matter what the age on the driver’s license said. I had a chance to talk with half of century of throwing excellence. One of the “young” guys, Chris Hatch, a 200 foot hammer thrower and 60 foot shot putter but still in his twenties, and I discussed lifting.

“I would only do one exercise, if I could do it all over again,” Chris told me. “Really? Which one?” “Overhead Squats.” I thought he was joking. Sure, I had done a few and I thought they never really amounted to anything. “This coach in California won’t let his guys throw until they can do fifteen reps with bodyweight.” What? Fifteen? “It makes you one piece, an animal.”

Monday found me in the weight room. I thought I would just “toss” in a few overheads, just to see what he was talking about. I knew I had to do a few warm ups, so I tossed a 45 on each side of the bar. I thought I would knock off a quick ten or so. I went
to the rack, stepped back and let my hands slide out to the inside collars (at just over six
feet tall, this is my usual snatch grip), then push jerked the weight up to arms length.
Locking my elbows and really trying to pull the bar apart while holding it straight over
my head, I sank between my knees, dropped to rock bottom and came back up.

I thought: “Huh? Must not be warmed up enough.” Rep two. “What’s going
here?” Rep three. Aren’t my legs stronger than this? What I was discovering was that the
overhead squat requires total concentration, total lockout and perfect positions. There is
no cheating; one can’t squirm, roll the knees or hips, or let other body parts help kick in.

I got five reps and the bar started to move and shake too much for safety. I bent
my knees, unlocked my arms, slowed the bar down a little with my upper body and
cought the bar on the back of my shoulders using my legs like shock absorbers. I then
realized the wisdom of fifteen reps with bodyweight in this exercise.

First, you can’t fake it. Nobody, NOBODY, just walks in and does this without
training hard and steady. The ability to do this standard can only come from hard, steady
work. Hard work, although some may deny this, is the number one factor in success in
sports and life. Second, the athlete must be balanced in both senses of the word.
Certainly, the ability to steady the bar overhead is a balance exercise. Throwers need
excellent balance, but so do Highland Games
participants, Olympic Lifters, and every other athlete.
One needs balance, too, in the sense of the upper
body and the lower body need to be able to work in
symphony do those fifteen reps. Lots of guys,
unfortunately, squat what they bench. You just can’t
do that with this drill.

Third, the athlete who completes this task will
have strong, flexible legs. You can send your athletes
to all the yoga classes in the world, but the overhead
squat develops athletic flexibility. As for leg strength,
that is the only way to get out of the hole in this
exercise. You can’t lean forward, twist, bounce or
cheat in anyway. The bar will come off the top and
you will have to start again. Maybe next week.

So, overhead squats became a staple in my
athletic diet and coaching method. Pretty soon, other coaches began asking questions.
“How can that skinny sophomore (Paul Northway weighed 155) throw the discus 182
feet?” I wanted to answer: “Brilliant coaching,” but Paul chimed in “overhead squats.”
He explained that it “held him together throughout the throw.” Later, he would throw 214
as a senior.

Take Chris Hatch’s advice and try the Overhead Squat. You will wonder if you
ever lifted before.

What do you recommend for sets and reps?

Good question. When first learning the lift, do a couple sets of three. We really
see progress when we take a bar outside with a couple of plates and put Overhead Squats
into the rotation with other throwing drills.
Simply, during the rotations, set up the bar with two 25’s on each side. For MOST high school boys, this is a good weight…95 pounds on a standard Olympic Bar. 65 pounds is an excellent weight for most females; again, there may be some adding and subtracting to fit everyone. Have the athlete do sets of five, then rest for a minute or so, throughout the time of the training rotations. Besides the obvious leg work, it seems to reemphasize the Stretch position. Also, it gets the athletes away from the dreaded “accordion squatting!”

Rotations should be the basic method of teaching all sports. Any time the athlete is allowed to stand and watch during practice is akin to sand pouring out of a sandbag. The rotations are the “secret” to having the goal of one hour daily practices!!

In this shot, Ben is in the midst of the “Soviet Drill,” while Mike is lifting.

Lesson One Roundup

1. Teach the Muscle Beach...then get the “Hold the Stretch” mantra down.
2. Cross arms and do some “between the legs” squats.
3. Everybody masters the “Overhead Squat.”

Soreness in the legs is going to set in tomorrow. The lack of flexibility in the group, even the kids who can do all the Yoga in the world, is going to be evident during the Overhead Squats.

But, the first key has been learned… HOLD THE STRETCH!
Lesson Two

Lesson One Review

4. Review Muscle Beach...then repeat the “Hold the Stretch”
5. Cross arms and do some “between the legs” squats.
6. Everybody demonstrates the “Overhead Squat.”

“X” marks the spot

“Torque,” “Twist,” “Rotate.” Go to any field in the world during the track season and listen for the number of ways coaches try to explain the second great key to championship discus performance.

Then, go to a meet and watch the crazy preliminary moves, the huge looping swings, and the number of times the discus flies ugly or into the cage. Then, listen to the coach as he tosses out the most worthless of coaching points: “you need more thumb pressure.”

It ain’t the thumb. All the speed in the swing isn’t going to give you “torque.” In fact, ask your athletes what it feels like…most have no idea!

On your knees!!!

You are about to witness a discus miracle!

Literally, get on your knees. Roll a jacket for padding or find some soft grass, but get on your knees. Now, do a couple of throws with a medicine ball or any ball with a cord. (I like Gill’s Gold Medal Ball the best…it is a handled medicine ball you can add sand or shot into it.)

1. Take the first couple of throws like a basketball chest pass. Hold the ball in both hands, touch the ball to your chest, and push the ball for distance. Notice how far it goes…usually, not very far!
2. Then, take the ball with both hands overhead and stretch it back and let it fly…usually, a lot farther!

It is important to ask the athletes why the second method went farther. Yes, why?

The Great Enlightenment

Now, have them put the ball in their throwing hand, let them twist back and see how far it goes. It should go substantially farther than the first two attempts. Why?

This is so important…they just learned the “X.”
The Hip Line and the Shoulder Line

Imagine that from one hip socket to the other hip socket is a line. Now, imagine that from one shoulder socket to the other shoulder socket is another line. When standing in the stretch position, you will have two parallel lines.

Shoulder Line

Hip Line

When you do the throwing drills on your knees, you lock the hip line…the hips don’t move!

When you “twist” your shoulders back, with your knees on the ground and your hips locked, your shoulder line and hip line…

Make an “X”

From our friends in outer space, looking directly down upon you…your hip and shoulder lines form an “X.” You will notice that it does not take a great deal of effort to “Hold the X” if your hips are not permitted to move a great deal. It is a simple, simple shoulder movement back.

That’s all!

You missed it…I can almost guarantee that...

You missed the point. Again, …if you don’t allow your hips to rotate very far back, all you need to do to Hold the X is simply twisting your shoulders back slightly.

Sorry, Discobolus!

All the twisting and leaning and straining in the world doesn’t give you a better X!

Yet, this is precisely the position most young throwers try to achieve in the ring. But, would you block someone like this, walk like this, or jump like this? I think not.

How can we achieve this off the knees?

Let’s go back to Lesson One…get that Muscle Beach position,
Hold the Stretch, now…without moving the hips…rotate the right shoulder slightly back. If you feel the left side of the abdominals tighten up…you, my friend, are a thrower!

Two Sticks and a Belt Loop

Recently, the International Consortium of Higher Discus Learning met to discuss the discus. The members, Bill Witt and I, were walking down the hill lamenting that the key to throwing was so hard to teach. “How do we explain how to Hold the X?” That was the problem…you can’t “explain” good discus throwing…you have to feel it, see it, experience it!

The next moment an insight flashed across both of us…although, no one knows the exact sequence. I claim it was a choir of angels singing; Bill is convinced that we were transported to another realm. Regardless, the results were: Two Sticks and a Belt Loop!

Follow these steps to discus success:
1. Take a broomstick, ski pole or PVC tube of at least four feet and stick it through the back two belt loops on your pants. You can also secure the stick to the lower back/upper hips with rope, twine, or rubber bands. This is you Hip Line.
2. Take the other stick and hold it across your shoulders. If you wish hold the bar like you would for squatting.
3. A little hint…it helps if the “Hip Stick” has a bit of bright tape or paint at the end of the right side.
4. Now, have the athlete get in the “Muscle Beach” Position…very easy to do with the shoulder stick. Now, have them twist the shoulders back in the “X.” If they can “see” the tip of the Hip Stick…all is well. Now, have them walk around slowly and move in and out of the X.
5. Having them bend over and twist gives the coach an opportunity to see the pitfalls of bending and twisting…you lose the “X.”
6. The more time the athlete spends with the sticks…the better. Be sure to practice “Walk and X” until the athlete has the feeling of Hold the X.

So, what did we do during this lesson?
So far,…
1. We got on our knees and threw
2. We walked with sticks.

Not much, eh?

Save the whole key to distance!

Time for the Next Lift

The Power Curl

The Power Curl is just one name given to fairly common movement in lifting and throwing circles. It also goes by the titles “cheat curls” or “curl grip power cleans.” Easier to teach and learn than traditional power cleans, power curls can be used as a core lift or assistance exercise.

There are two basic versions of the power curl. First, let us consider the standard “cheat curl.” Assume the traditional straight bar curl positions: erect body, arms grasping the bar in a “curl” grip with the bar in position at the bottom of the lift, and feet in a normal stance. In bodybuilding, the lifter attempts several normal repetitions before “swinging,” “bending” or “cheating.” With heavy cheat curls, the athlete simply starts adding back bend, some leg help, and trap pulling from the first attempt.

This exercise was a favorite of four time Olympic discus champion Al Oerter. Richard Sorin states: “When question about the best single exercise he used to develop his power for throwing I received a curious reply…Heavy cheat curls.”
The other variation is from the floor. Attempt the lift like the traditional clean, except hold the bar in the curl grip. Keep the chest full, lower back tight, and “push the floor away.” When the bar touches at the second pull position, perhaps an inch or so above the knees, continue to ‘jump’ and do the normal motions of back and thighs. However, the arms, rather than ‘screwing under’ or ‘turning over,’ the arms simply curl to the top curl position. The lifter should pause at the top with the bar, but often does crash off the top finished position.

As the bar comes past the body in the second pull, it is okay for the elbows to ‘sneak’ behind the upper torso, rather than staying square in a rigid curl position. This is not a curl, it is a power curl. When bringing the bar down, fight the bar off the top position as it goes down, if you want more biceps and forearm strength. Catch the bar at the mid-thigh and slowly reverse deadlift the bar to the floor.

Repetitions in this exercise work well as opposed to traditional power cleans. Sets of up to eight are easily managed. Singles with maximum weights are generally not recommended as this exercise is not a classic lift and maxs can lead to abuse of technique.

**Lesson Two Rotation**

1. One group works on the Overhead Squat (perhaps just with sticks today)

2. One group works on the “Two Stick Drill”…include the “Walk and X”

3. One group works on the Power Curl

4. One group works on the Powerball Throws from the kneeling position

Continue the rotation until all athletes have mastered each drill
Lesson Two Roundup

1. Each athlete can explain the “Stretch” and the “X”
2. Each athlete can demonstrate a “Walk and X” with Two Sticks
3. Each athlete has mastered the Overhead Squat and Power Curl

The mastery of “Stretch” and “X” will be challenged in the next lesson...when we add footwork!

But, the second key has been learned... HOLD THE X!

Lesson Three

Lessons One and Two Review

1. Everybody demonstrate the “Hold the Stretch”
2. Pairs cross arms and do some “between the legs” squats.
3. Everybody demonstrates the “Overhead Squat.”
4. Everybody assumes an “X”
5. Everybody demonstrates a “Walk and X”

Lesson Three...we can do it the hard way or the easy way

I am too lazy to explain the hard way. Just go to most track programs and ask somebody how to throw the discus. Whatever they say...that is the hard way!

The easy way builds on “Stretch” and “X”...adds one more term, then it is as easy as “1-2-3.”

“Spanky”

Okay, this may sound weird, but “Spanky” is a term that seems to just click with most athletes. Allison here on the right has the perfect “hand position.” As we joke at camp, you should hold your hand throughout the whole throw as if you are going to give yourself a spanking.
Go ahead…and laugh. But, during picture or video analysis, look for the hand position. Bend, twist, over-rotate…and you immediately lose the ability to “Spanky.”

Paul, on the left, was extraordinary in his ability to hold the “Spanky.”

So, let’s review:
1. Stretch
2. X
3. Spanky

You’re ready to throw!!!

**The Feet**

Way too much is said and written about the foot positions in discus throwing…for good reason. Coach Maughan says that “if your brains were in your feet, you would throw farther!” Very little coaching should be done in the discus ring, (in fact, I only allow full throws without fouling in the ring…meet conditioning), but it can help us orient the thrower.

The thrower begins facing away from the direction of the throw. Feet should be on the ground in a normal stance. The starting position is just not that big a deal.

**Stomp!!!**

One term that helps many young throwers is “Stomp.” Stomp that right foot down as you position yourself in the back of the ring. Many young throwers learn (from where, I don’t know) to start on their toes. Well, doing that brings us back to “accordion squatting”…it ain’t going to work!

Keep that right foot flat on the ground. The left foot will be a few inches back from the ring, most people recommend about three inches.

**Stretch-X-Spanky**

Time to throw. Do not lose “Stretch-X-Spanky” during the footwork. Very easily said…very difficult to do. A couple of keys to help you.

1. Any twisting of the feet opposite the direction of the discus turn has to be made up before you can go the right way. Hmmm? If you twist the feet around to get the “X,” you have to untwist before you start to throw. This is a bad idea. Keep the feet in a neutral position when you start your throw!
2. All your weight has to transfer to your left leg. I tried to do this in every way possible throughout my career, until someone took me aside with this gem:

**Pick up your right foot!**

That’s right. To start the throw, one simply picks up the right foot…and
starts to twist on the ball of the left foot. That’s it. That’s all.

Failure to do this is very bad. Most High School athletes immediately lose the Spanky position at the start of the throw. Why?? The right foot remains grounded, the shoulders move ahead of the hips, BOOM!; no stretch, no x, no spanky.

**Twist!**

Stand up, Hold the Stretch, and “Twist” both feet to the left. It is a simple thing to do. Whenever you hear **Twist!** as a discus thrower, **Twist!** to the Left!

**So, ...I gotta**

1. Stretch
2. X
3. Spanky
4. Pick up the right foot and
5. **Twist!**

Isn’t that a lot to think about???

**ONE!**

**No, in fact, we have a name for it...ONE**

“One” is the position at the back of the ring when the athlete starts the throw. Each of the five points
1. Stretch
2. X
3. Spanky
4. Pick up the right foot and
5. **Twist!**

is a crucial part to the throw. But, if the athlete does “One” right…the rest of the throw is a breeze!

Overlooking any aspect of “one” can lead to problems later…watch the spanky position for clues. If the athlete loses spanky right off the start…the right foot probably stayed down too long and the athlete immediately lost the X!.

**The “Training Wheel”**

When Bill Witt first explained the concept of the “Training Wheel,” I didn’t appreciate it. It is a **TRAINING DEVICE** to help the athlete progress from “One” to “Two.” Simply, it is going through all the motions of “One,” then putting the right foot down into the “South African” position. I didn’t like it at first…

**Because I couldn’t do it!!!**
I kept falling into the ring because I would break a commandment…usually, I didn’t pick up my right foot early enough and, often, I wasn’t twisting my left foot just rolling over it. When I learned to do the Training Wheel, my throw went farther! No, you won’t put your foot down outside the ring at a meet, but the Training Wheel is an instant check for the athlete to see if they are doing “One” correctly. It is also helpful, because the coach can check for spanky and stretch!

**TWO!**

**Can you walk in a straight line?**

Seriously, can you? Do you remember how to do the “Walk and X?” The crucial moment of discus throwing is about to happen…the simple step forward with the right foot. One crucial point: the attack across the ring is in a “Backwards Seven” alignment…for a very good reason which we will discuss in a moment. If “One” was done correctly, the Backwards Seven is natural as the hips fully turn around the twisting left leg.

![Image of drawings showing how to walk](image)

“Farmer’s Walk” to teach “Two”

It may be hard to believe, but one of the keys to simplifying discus technique is to teach the athlete how to walk. Amazingly, with young throwers, many of them toss their bodies around the ring without any regard to “normal human movement!” Honestly, the way the upper body seems to be bent and twisted, you wonder if the kid can walk down a school hallway.

There is strength drill that helps. It is part of some Highland Games and many Strongman competitions: the Farmer’s Walk. Simply, grab two heavy items in each hand and walk.

Now, here is the key…if the weights are heavy enough, the upper body will have to be locked in with a tight lower back, big chest, shoulders back…the “Stretch” position again.

Also, the athletes tend to “relearn” a basic skill that seems a lost concept to some athletes…simply, that the right and left foot move straight ahead when walking not crossing each other or flaying off into space…the way the athletes seem to throw the discus!

Two dumbbells around 80 pounds a piece is a nice weight for most high school male athletes to begin learning the Farmer’s Walk. Certainly, for females or younger athletes, some weight adjustments can be made, although many high school girls will surprise people with their ability to master the Farmer’s Walk.
Farmer’s Walks are easy to add to a training circuit. It is a nice break from repetition turning drills and reinforces the “Stretch” position…and certainly gives a better grip workout than one can imagine. If done in a parking lot, have the athletes straddle a line and go for distance or reps of a set distance.

For right handed throwers, it is a good idea for them to reinforce the “language” of Stretch-1-2-3 with each left step being a “one” and each right step being a “two.” (We end sessions at Discus Camp with “Full Frontal Moseys”…Everyone is asked to stand tall, take a step forward with the left foot on “one,” right foot moves forward on “two.” ‘Okay, athletes: 1-2-1-2-1-2…all the way to the cafeteria.’ Some of the athletes laugh, others are just annoyed.)

The Farmer’s Walk reinforces a “natural” step with Two, rather than some exaggerated over reactive leap that is often seen with High School throwers. It also develops overall body strength and is an excellent drill to keep the athletes competitive. Farmer’s Walks for distance are an excellent practice competition.

Mike is doing the walk with oversized bars on the left.

The Farmer’s Walk Lends Itself...

To wonderful in-house competitions, and paves the way for the Twist! from “Two to Three.” If the athlete steps forward rather than doing some bizarre leaping twist from the Ice Follies, it is relatively easy for the left foot to push the right foot into the Twist! into “Three.”

Checklist for Two
1. After Twist!ing the Left foot in “One”
2. Step into the Backward Seven and Twist! the Right Foot.
3. Hold the Stretch, Hold the X, Hold the Spanky
4. If the thrower’s body is made up of just one piece, the Left Foot should be skimming the ring approaching...

“Three”

Call it the “Throwing Position” at your peril!

When most young athletes see a standing throw or hear “throwing” position…out goes everything else. Even
“Power Position” is tenuous, as most young athletes will stop and “crank” the disc. It is a tough habit to break!!!

**Contrarian Coaching...Again**

I don’t teach the throw when I teach the turn. I also teach the turn before I teach any throwing…save those kneeling powerball throws. I also keep the discus hidden for a loooooooong time before a discus thrower picks up a discus. Why?

This is experience talking. My experience, my athletes’ experiences, my friends’ experiences. When you start adding the throw, all the keys that lend themselves to superior throws disappear with distance. Teach the turn now! Master the turn! Build every drill on the turn!

**Three...for today**

For this lesson, the “Three” position is simply landing the left foot (some find it helpful to “stomp” the left foot in the Backwards Seven alignment. More on the reason for the alignment...soon. Double check the Spanky position. Repeat as often as necessary, simply sounding out “1-2-3” or breaking it down simply as “2-3.” Insist on Stretch, X and Spanky.

**Yes, there will be a little confusion.**

Fix it with repetitions!

**An important insight from John Powell**

In the documentary, “The Soul is Greater than the World,” Ricky Bruch asks John Powell a simple question. “How do you rotate the right foot (in the “Two”-“Three”) transition)?

John answers: “Good Question. You make it rotate.” John goes on to demonstrate that a short step in “Two” will allow the left foot to push the right foot around in “Three.” Too long a step…the upper body bends to help the foot move. With a short “Two,” try to “Twist” into a long “Three.”

**Short “Two” Long “Three”**

We teach an abbreviated “Two” step. In drills, when we start with the right foot forward, we have the athlete put his foot merely inches ahead of the left foot and ask that they simply “paw” the ground. This simplifies the push into the “Three.” Try it!

**If I could do only one drill...**

It would be Powerball Throws into a wall starting in the “Two” position. This is the key to long throwing!!!
It is a simple drill. Start with the right foot slightly ahead of the left. Assume the Spanky position and Twist! into the Three. (With the Powerball, you would Twist! again into the Throw...holding the Stretch, of course.)

Lesson Three Rotation

1. One group works on the Overhead Squat just with sticks.

2. One group works on the “Two Stick Drill”...include the “Walk and X” then, add, One, Two, Three.

3. One group works on the Farmers Walk and Power Curl.

4. One group reviews: Stretch, X, Spanky, One, Training Wheel, Two, Three.

5. One group works simply on Spanky, Two, Twist!, Three.

Continue the rotation until all athletes have mastered each drill

Lesson Three Roundup

1. Each athlete can explain the “Stretch” and the “X”
2. Each athlete can demonstrate a “Walk and X” with Two Sticks
3. Each athlete has mastered the Overhead Squat, Power Curl and Farmer Walk
4. Each athlete can demonstrate One, Training Wheel, Two and Three.
5. Each athlete can hold the Spanky Position in all positions, Stretch, X, One, Training Wheel, Two and Three.
6. Each athlete can Hold the X in all positions.

The next lesson’s workout is the most fun an athlete can have outdoors!
Lesson Four

Review Everything So Far!!!
Lesson Three Roundup

1. Each athlete demonstrates the “Stretch” and the “X”
2. Each athlete demonstrates a “Walk and X” with Two Sticks
3. Each athlete has mastered the Overhead Squat, Power Curl and Farmer Walk
4. Each athlete demonstrates One, Training Wheel, Two and Three.
5. Each athlete demonstrates the Spanky Position in all positions, Stretch, X, One, Training Wheel, Two and Three.
6. Each athlete can Hold the X in all positions.

Here we go!

One last stop before we start to throw…something. Imagine trying to push a car up a hill. No, don’t imagine it…actually walk over to an immovable object, put both hands against it, and step into it with your left foot. Observe the foot position when you try to “push a car up a hill.”

If you are “normal,” (a big “if” for some of my athletes) your feet and your body position should look very similar to this:

Your feet won’t be on a straight line…rather your left foot will straddle the line to the left…the right foot on the right. Yes, this is simple, but many athletes never get into this position! Remember the “Backwards Seven?” We teach that angle to allow the body (because of the left foot being “open”) to push the car up the hill! (In the diagram on the right, the right foot “stomp” is a circle and the final left foot “stomp” is a circle.)

The Throwing Position

The Throwing Position must finish in the “push the car up a hill” foot placement. It is natural!!! As we learned in Farmers Walks, we straddle a line as we walk, we don’t walk on the line. If you are prepared to push the car up the hill, your hip line and shoulder line are parallel, now, just simply Stretch. This is how we want you to finish the throw. The distance in the discus comes from simply Twisting the Feet and Holding the Stretch in the “push the car up the hill position.”
Getting from “Three” to “Throw”

Please…listen. Please. Don’t make the throw a big deal. No really. Don’t. Just have the athlete land in a solid “Three” position, and by **Twisting the Feet** and **Holding the Stretch**...Throw.

Trust me. In the long run, this will pay off. Young throwers often will stop everything and focus on the arm…and lose a great throw. Minimize this by focusing on **Twisting the Feet** and **Holding the Stretch**. I tell my athletes that researchers have found that only seven percent of the horizontal momentum comes from the throwing position. Trying to add anything takes away the other 93 percent! Just finish the turn by **Twisting the Feet** and **Holding the Stretch** and your throwers will have great success.

Now, to teach all this...

**“Tire Tossing”**

“Let’s give a big hand to the newest member of our coaching team: Coach Tire.”

When Brian Oldfield asked me to help lug a rather hefty automobile tire from his car trunk, my first thought was that he had some kind of car trouble. Nope. He told me that we were throwing this thing. “Like the World’s Strongest Man contests?” Nope. Instead, we did every drill with the tire held in both hands overhead like prisoners of a strange tire-fighting war. Within minutes, the logic of keeping the body in the “stretch” position made perfect sense…in fact, every coaching concept is simplified, in fact, coaching “talk” becomes wasted words, after a tire tossing experience.

Some basics: First, **procure** a tire. I always seem to have one around the house from a car I no longer own. It really doesn’t matter if it is heavy or light, the key is that it is big enough and bulky enough to “insist” that the axis of the thrower’s body remain inside the tire hole.

Next, put the tire overhead and keep it there with **slightly** bent arms. Locked out arms make it impossible to throw the tire. Now, circuit the athletes through this five step approach:

1. Standing throws in the “Three” Position. Be sure to assume the “Push the Car Up the Hill Position” with the feet. Twist the feet away from the throw, put the tire overhead…twist feet and pop the tire up for distance.
2. 2-3 Throws. Right Foot forward “pawing” the ground with the ball of the foot. Put the tire overhead, push off the left foot and rotate/rotate/rotate that right foot into the Three Position and “pop the tire up” for distance.

3. 1-2-3 Throws. These are also known as the “South African Drill.” Start with the Left Foot Forward. Put the tire overhead, step forward with the right foot, then rotate/rotate/rotate that right foot into the Three Position and “pop the tire up” for distance.

4. Training wheel. Start in the Stretch Position. Put the tire overhead. Rotate the left foot and lift the right foot to the “Training Wheel” position. Continue as with 1-2-3 Throws.

5. Full Throws. Watch for the body bending as you do these throws. It will only happen once or twice if the tire is doing its job.

**The Circuit**

I like to teach Tire Tossing in repeated circuits consisting of:
First Throw: Three and Throw
Second Throw: Two-Three and Throw
Third Throw: One-Two-Three and Throw
Fourth Throw: Stretch-Training Wheel-One-Two-Three and Throw
Fifth Throw: Full Throws…omit the “Training Wheel”

Then, repeat. If you have two athletes standing about twenty feet away from each other, they can play catch…without actually catching the tire. If you give athletes about ten minutes, they can go through more than fifty throws each! Try not to over-coach them, let them figure out the drills.

**Eric feels a miracle!**

Eric, a junior thrower, had countless coaches tell him he was bending over at the waist and losing his throws out the right sector line because of this error. Words weren’t working! Ten minutes with the tire…a miracle! Eric could feel the problem, correct the problem and carry over the correction into the ring!

I await Sainthood.

**Lesson Four Roundup**

1. Each athlete can demonstrate the “push the car up the hill position.”

2. Each athlete can do the Tire Tossing Circuit.

Important coaching point: don’t over-coach today. Encourage the feet to do the work, emphasis the foot position (“push the car up the hill”), encourage twisting for distance…but let the tire fix the problems.
Lesson Five

Review Everything So Far!!!

Lesson Four Roundup

The athlete can clearly demonstrate correct footwork in all five parts of the Tire Tossing Circuit...especially twisting the feet into the Push the Car up the Hill Foot Position.

Time to Introduce Coach Wall

One of the throw’s coach’s best friends is a brick wall. Powerball throws into a brick wall eliminates most of the hazards of training throwers...

1. It is safer
2. It is faster
3. It is less threatening to the neophyte
4. It allows literally hundreds of more throws
5. It makes people focus on technique rather than distance!

There are no “powerball world records into a wall,” so the athletes can just learn and refresh the lessons so far. So, grab a ball and come along!

The Same Circuit as Tire Tossing...but with a Powerball

1. Standing throws in the “Three” Position. Be sure to assume the “Push the Car Up the Hill Position” with the feet. Twist the feet away from the throw; put the powerball in the “spanky” position...twist feet and pop ball into the wall.

2. 2-3 Throws. Right Foot forward “pawing” the ground with the ball of the foot. Put the powerball in the “spanky” position, push off the left foot and rotate/rotate/rotate that right foot into the Three Position and pop the ball into the wall.

3. 1-2-3 Throws. These are also known as the “South African Drill.” Start with the Left Foot Forward. Put the powerball into the “spanky” position, step forward with the right foot, then rotate/rotate/rotate that right foot into the Three Position and pop the ball into the wall.
4. Training wheel. Start in the Stretch Position. Put the powerball into the “spanky” position. Rotate the left foot and lift the right foot to the “Training Wheel” position. Continue as with 1-2-3 Throws.

5. Full Throws. Watch for the body bending as you do these throws. It will only happen once or twice if the tire is doing its job.

**Now, the “Full Circuit”**

Try not to “coach” too much…emphasize reps!

- **Tire Tossing**
- **Powerballs into the Walls**
- **All Five Drills** (Standing Throws, 2-3s, 1-2-3s, Training Wheel, Full Throws)
- **Overhead Squats**
- **Farmer's Walks**
- **Power Curls**
- **“X” Sticks**

**Coach**

Rotate the Groups Every Five Minutes...or so...
Lesson Five Roundup

1. Build up the reps by repeating the circuit. Try to do about two to three sets of the Power Curl, Overhead Squat and Farmer’s Walk each rotation.
2. Allow some “free time” for the athlete to work on their specific weaknesses.
3. This is the model for most workouts…but be creative.
   a. Invite “mini-competitions” in the various drills...make stuff up!
   b. Watch for “Stretch” and “X”...anything you coach to one athlete should carryover to everybody else.

Okay, where’s the discus???
If you try this “contrarian coaching” model, you keep those discii hidden for awhile. Sure, they need to learn to hold, release and fly the discus…you can find that information anywhere. But, by emphasizing the turn and body positions, we lay the foundation for BIG throws!!!

The Discus Ring
The ONLY time I allow an athlete to use the discus ring is for full turn throws!!!
   1. Enter from the back of the ring (I know, I know, that is not an official rule, but so many uninformed coaches believe that…you might as well coach it!)
   2. Take a full turn throw with, at most, one warm up swing.
   3. The athlete may not foul, nor throw out of the sector.
   4. Leave at the back of the ring.
“Yikes,” many coaches say when they read this statement. “When do you train your throwers?” Well, what happens at most schools?

That’s not training…that’s a lawsuit waiting to happen!
Two “discus” Drills…and that is all I am giving you!

Actually, you can do all the drills with the discus that you did with the tire and powerball, but these two drills have a special place in throwing.

Throw for Height

This drill is simple…but it can be dangerous. From a standing position, launch the discus straight up with a snappy release and try to fly it straight up and straight down. Strive to land the discus nearly exactly on the spot you are standing. Add a little rhythm and leg pop and “top the trees.” A good warmup drill, this also teaches the importance of Stretch and finishing with a leg pop.

One Throw Competitions

Although, at first glance, this may not seem like a drill, one throw competitions are the single best discus drill every invented.

All it is…one throw. Measured. Everyone warms up…does their rituals…drinks their magic potions…whatever. Have “officials” in the sector, ring judges, and, most important, a tape measure. Everyone gets one throw. No more than one. Then, post the results.

Why does this work? I have seen 200+foot throwers throw a “quacker” doing this drill and lose to a 150 high school senior. But, it is one throw. Discus throwing often comes down to just one throw.

As a coach, this drill forces the athlete to use their “meet” technique versus their practice technique. Many athletes train for nine months, then enter a meet and do something radically different. One Throw Competitions seem to help the athlete master a single meet technique.

Needs List: Tape measure, pen and pad, athletes and implements

1. Gather everybody in.
2. Announce one throw competition
3. Line everybody up
4. Throw, then measure.
5. Post results!!
6. Pressure your best athletes by stopping them before throws, holding up competition (exactly like a track meet!) and making noise!!

Then, What???

The Soviet Drill

Yes, I know…no more Soviets, but the drill is called “the Soviet Drill.” I learned about this drill years ago as a way to break through the “speed barrier.” After marking the best throw, step off about 15 feet for most high school athletes…some 20-25 feet…back towards the ring and put a large marker there. Cones work great, towels and bags are fine. If you have many throwers, you might have a little colony out there.
The Soviet Drill is simply a series of twenty full throws trying to just hit the marker \textit{as easily as you can!} Many athletes simply can’t do this! Yet, once they get the hang of throwing with \textit{less}, they soon find that they can easily surpass their previous one throw mark, but using good technique and rhythm. Also, this drill comes in handy when the pressure is on to qualify for the finals at a meet.

**Generally...**

Do the one-throw competition and the Soviet Drill about once or twice a week. Towards the end of the season, it could be done daily, especially if your non-qualifiers stop coming to practice. The one-throw and the Soviet are excellent “peaking” training.

**Another Great Circuit**  
Excellent two or three days a week!

- **Tire Tossing**
  - All Five Drills  
    (Standing Throws, 2-3s, 1-2-3s, Training Wheel, Full Throws)

- **Powerballs into the Walls**
  - All Five Drills  
    (Standing Throws, 2-3s, 1-2-3s, Training Wheel, Full Throws)

- **“X” Work**
  - Coach  
    Don’t go crazy on the hills! Just a couple of sets of hills or bleachers!  
    Focus on X, Stretch and Rotating “Two.”

Let the athletes work for five to ten minutes, then rotate!
The “Full Circuit” Excellent two or three times a week. Try not to “coach” too much…emphasize reps!

**Tire Tossing**

**All Five Drills**
(Standing Throws, 2-3s, 1-2-3s, Training Wheel, Full Throws)

**Powerballs into the Walls**

**All Five Drills**
(Standing Throws, 2-3s, 1-2-3s, Training Wheel, Full Throws)

**Overhead Squats**

**Farmer’s Walks**

**Power Curls**

**“X” Sticks**

**Coach**

Rotate the Groups Every Five Minutes…or so…

**Okay, now what do I do?**

These five lessons have been very helpful…but where do we go from here? But before going on, realize that the two circuits, the Soviet Drill, the Throws for Height and the One Throw Competitions are an amazing combination of fun and enlightening drills. With a little foresight, and a couple of years with quality athletes, anyone can produce a dominating discus program.
Expand the Circuit Idea...

to the entire track and field program. Find a series of drills that can carry over from event to event. A natural mix of events, like the hurdles, the sprints, the horizontal jumps and perhaps the pole vault, could be easily adapted into a series of five or six circuits. Be sure to have one easy drill (the X sticks) and one that is challenging and measurable (the Farmer’s Walks).

Actually, I think football practice would be ideal for utilizing the circuits. Imagine a defensive practice starting off with ten circuits stressing the various tackling drills, shedding blocks, and the skills of defense. The entire team would be all working at once versus what usually happens: 79 kids standing around while the coaching staff shows the quarterback, again, how to take a snap.

You never stop learning...My Insights since the first draft!

It has been a bit of an epiphany as of late, in the sense of the term as used by James Joyce. My great insight of 2001 and 2002 revolves around the "approach" to training.

I have trained under two great Masters in the discus: Ralph Maughan and John Powell. Coach Maughan believed in a simple formula:

1. Throw three to four times a week
2. Lift three times a week "most of the time," focusing on the clean, the power curl, the quarter squat and the push jerk/press.
3. Do hills/stairs/sprints twice a week..."most of the time" During the track season, you would back off the lifting and speedwork and focus on the meets.
4) The big key: for four years. By the time your senior season rolled around, you would gather in the benefits of the huge base of good and bad workouts...over four years...and blossom into being a good thrower.

You throw in training like you throw in meets...enter from the back, full turn, stay in the ring, stay in the sector, walk out the back...repeat. You gather improvements by never working over your limit, but by consistently reaping the small rewards.

John Powell's approach (for the most part very similar in terms of gathering benefits) also includes a concept that to simplify things, make it more complex. To facilitate the right foot turn, invent a drill (the pivot drill) that demands that you turn-turn-turn that foot until it becomes a thoughtless reaction to the throw. Not accelerating...invent a drill, the "flying South African," that has you do a wind sprint into a turn and let it go! Fall on your face a few times, then reap the benefits.

Then, I got Tommy Kono's book, “Weightlifting, Olympic Style” and his zeal for "Quality Training." He insists, page after page, on perfect reps, perfect form. Everything should be contest-like in training, in fact, he emphasizes many times that you should practice with a hook grip or without a belt to make the lifts more of a challenge. Over time, with patience, you will learn to do it right.
Tommy Kono had an ally in Joe Mills. He drilled his lifters with repeat singles in the full, classic lifts. "Meet-like" training led to the building of a lifting machine.

But then, there is the Jim Schmitz approach. Struggling with part of your lift? Well, then, make it more complex. Not finishing pulls? Do a set of "one power snatch, followed by one hang power snatch, followed by one hang squat snatch, followed by one squat snatch from the floor. Toss in an overhead squat on those power snatches, too."

It occurred to me this year that Maughan, Powell, Kono, Mills and Schmitz are ALL right! I am amazed that I once dumped snatch and clean pulls because they "didn't work for me." They don't work for me ALL the time! Yet, now, I do them exclusively one workout a week. How do I warm up for them? Well, I do these extension squat snatches with a light bar, then do some overheads then, toss in a couple of extra jump snatches...

The secret to success is listening to all five of these voices. As a football coach, you quickly master whole-part-whole-part-whole learning. Having 22 people stand around while you coach a QB on how to take a snap is a waste of everyone's time. Yet, to prepare for the game, you must be "game-like" on the field.

This year's insight: Coach Maughan was right...get the workouts in, regular and habitual, some great, some bad, but get them in, year after year. (Show up!)

John Powell is right: invent a drill that repeats, repeats, repeats a motion or action until it is automatic. Make a simple action simple but inventing a drill that makes it complex...then remove the complex parts...it becomes simple again.

Tommy Kono is absolutely right...quality training is the key. You compete like you train. Yet, he also really pushes the snatch and clean pull? Why??? You make a complex action simple, but working the parts, then the...

Joe Mills was right...you build yourself by repeating what you are competing! Drill-drill-drill until it is automatic...then let's see what happens!

Jim Schmitz is right...take that problem apart and add some extra moves and force yourself to fix it.

My great insight: there is a time and place for pure training...the core only. If a problem arises, take a week, two weeks, three weeks aside and attack it with every possible combination of drills and ideas until this weakness becomes a strength.

Over time, an emphasis on **Quality Training** will pay huge dividends.

*And that is the last word...the “Secret”...Quality Training!!!*