

**Discus Fun On Friday's**  
**By**  
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We spend a great deal of time doing all types of drills for both shot put and discus each day. To break up the boredom, every other Friday we have DISCUS FUN competitions. Both boys and girls thrower will be on equal grounds by using their own size implements.

The first competition we do is *Long Distance Rolls*. This should be done on a field the size of a football field. This drill will help with the release of the discus as well as the speed of the release. Each thrower has their own discus and stands in the middle of a field on a line(usually our goal line on the football field). They take a turn and roll the discus as straight and as far as possible. After all have taken their first roll, the next throw will be in reverse order based on how far they rolled. We do this 5-7 times each. We have established a prestigious club called the 100 yard club for anyone who surpasses 100 yards. We even have former throwers come back from time to time to see if they can still make the club. This takes us about 20 minutes of practice time.

The next competition is *Discus Golf*. With this competition we place a cone anywhere in the throwing sector. Each thrower will take turns from the circle using a standing throw (no spinning allowed). We see who can get the closest to the cone with one throw. This can also be done like Frisbee Golf placing several cones out. But we prefer the one throw one cone method. The winner of each competition gets to reset the cone where ever they like and gets to throw last. The next order is based on who was closest after the winner all the way down to who was the furthest away. We do this 5-7 times as well. Again this takes about 20 minutes of practice time.

The last competition we do is *THE DISCUS FIELD GOAL*. We do this drill where ever we have a football goal post. We start out at the extra point line taking turns doing standing throws. The object is the get the discus through the uprights. If the thrower misses they get 2 additional chances to get the discus through the uprights (like high jump rules). We have set spots to move back to about 3-5 yards depending on how skilled the athletes are at standing throws. They will continue to take attempts until they have fouled out of the competition. The last thrower left is declared the winner. This takes about 30 minutes depending on how many succeed after their first attempt.

The main focus of ALL our competitive drills is to stay competitive and teach them how to win. They enjoy these and have asked me several times to do this every Friday.