



2014 West Coast SuperClinic – Jere’ Summers – Building a Foundation for Your Discus Thrower

Weights

- ▶ Does your thrower need to lift?
- ▶ Is strength helpful?
- ▶ Technique and coordination are the rulers of the discus, strength acts as an synergist.

Weights Continued

“We are throwers who lift!”

- ▶ General strength
- ▶ Coordination
- ▶ Power
- ▶ Dynamics
- ▶ Leg Strength
- ▶ Core Strength

Weights Continued

- ▶ Calisthenics
- ▶ Medicine ball circuits
- ▶ Jumps (Jump rope, boxes, body weight circuits)
- ▶ Flexibility
- ▶ Snatch
- ▶ Cleans
- ▶ Push ups
- ▶ Lunges
- ▶ Squats
- ▶ Abdominals
- ▶ Oblique's
- ▶ Back

Recovery

- ▶ Ice
- ▶ Heat
- ▶ Stretch
- ▶ Foam Roll

Coaching Relationships

- ▶ The value of a coach
- ▶ Trust
- ▶ Flexibility

Athlete’s Needs

- ▶ What makes a successful athlete?
 - ▶ Positive relationship with coach
 - ▶ Support System
 - ▶ Adequate consideration from coach
 - ▶ Time
 - ▶ Strengths
 - ▶ Interest
 - ▶ Consistency

The Season

- ▶ Pre-season
 - ▶ Build a base
- ▶ Season
 - ▶ Shift from high repetitions to increased resistance
 - ▶ Higher quality
- ▶ Post-season
 - ▶ Maintain
- ▶ Off-season
 - ▶ Cross-train and be free

Practice

- ▶ Warm-up
- ▶ Throw Specific Activities
- ▶ Dynamic Activities
- ▶ Recovery

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Take aways from each coach I have worked
with...

My Current Throw... I think...

Jeré Summers
Living to train and training to win!
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