

National Throws Coaches Association

Drill of the Month

Twist Drill



Twist Drill – Use this drill for warm-up and to emphasize the importance of the legs.

1. The athlete faces the sector with toes pointed straight
2. Place shot against the neck
3. Bend the knees
4. Twist the upper body to the right and down. Pointing your non throwing hand away and towards the ground
5. Extend legs and hips then punch the shot

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