

**Course Name: Bachelor of Physical Education**  
**Year - IInd (Part-3)**  
**Paper Name - Skill and Prowess**  
**Topic Name - Skill and Prowess**  
**Topic No. – Part – III (B) I**  
**Paper No. - B**  
**Lecture No. – 19**

**Lecture Title**  
**Discuss Throw**

**References:**

Complete Book of Throws Paperback – February 13, 2003 by Jay Silvester

How to play discuss throw by Sanjay Rajaram Chaudhary

**Links:**

[www.nationalthrowscoachesassociation.com](http://www.nationalthrowscoachesassociation.com)

<https://www.youtube.com>