THROWS: THE FIVE ACTIONS OF THE RIGHT FOOT
during the final part of the throw
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The final phase of the throw begins at the landing of the right foot after the turn, the glide, the hop, the run up, depending on the event and end up with the release of the implement and the recovery.

It is easy to understand that the right foot will play a decisive role in the process. But we have sometimes quite an incomplete view of all the actions, whatever isolated, successive or simultaneous, which are more complexe that a simple pivot or a simple push.

THESE ACTIONS HAVE FOR OBJECTIVE TO MAKE THE LEFT FOOT FILL ITS DIFFERENT ROLES AND DUTIES, namely:

- CONNEXION BETWEEN PRELIMINARY PREPARATION AND THE FINAL PHASE OF THE THROW by transmitting the initial forces produced toward and onto the blocking left side support whose role role will be to transfer these forces into the implement.

- TRANSFERT OF THE BODY WEIGHT ONTO THE LEFT FOOT AND ACCELERATION OF ITS LANDING

- OWN ADDITIONAL ACCELERATIONS created in the 3 planes (Linear-Vertical-Rotational)

- CONTROL OF THE SUPPORT BASE during the release
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during the final part of the throw

THE FIVE ACTIONS USED ARE:
1- PRE TENSION OF THE FOOT TO PREPARE FOR "THE LANDIN" ON THE GROUND (Foot flex)
2- "ROLLING" ACTIONS to transfer or create horizontal linear forces ("Blotting pad" action)
3- PIVOTING ACTIONS to transfer or create circular forces
4- PUSHING ACTIONS to transfer or create vertical forces
5- CONTROL AND "BRAKING" ACTIONS to hold the support and balance during the delivery

THESE ACTIONS ARE USED AT VARYING DEGREES BUT EXIST IN ALL THE THROWING EVENTS
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