THROWS : HOW TO GET A FAST LEFT FOOT LANDING ?

The ''FAST'' left foot landing is probably one of the most critical parts of any throw

It connects the previous building speed phases (Run up – Turns – Glide) with the utilization and transfer to the implement speed phases.

It is building the ESSENTIAL SUPPORT needed to orientate and transfer the forces from the thrower to the implement.
Without support , forces cannot be applied




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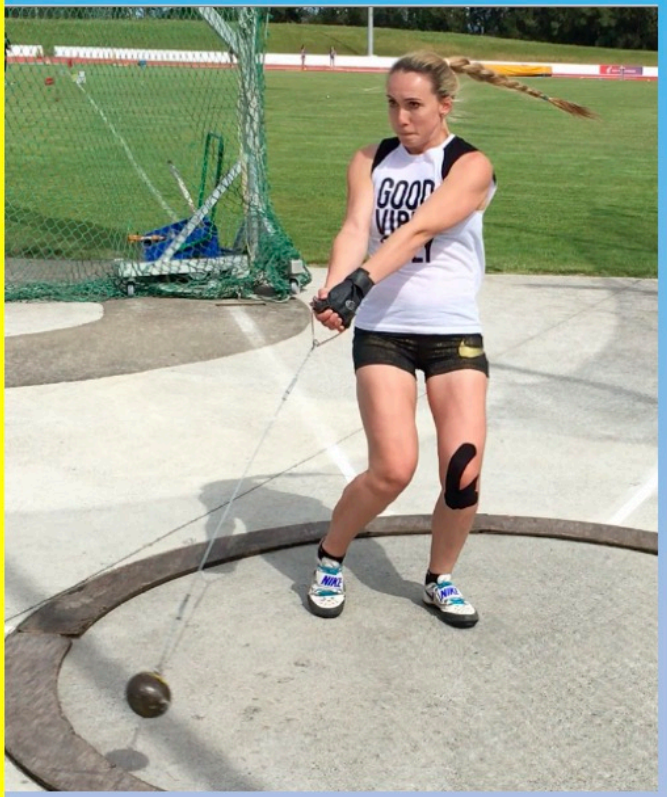
It is building the **ESSENTIAL SUPPORT** needed to orientate and transfer the forces from the thrower to the implement.
Without support , forces cannot be applied

If the left foot landing is too soft , too late or not properly positioned , forces will be lost and performances will be affected

It is a TECHNICAL PROBLEM to achieve this whatever the technique used .

HOW CAN WE DO IT ?



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WHAT DOES MAKE THE LEFT FOOT LAND ?

THE RIGHT FOOT ACTIONS

The active right foot actions , whatever pushing or pivoting or rolling will be the the main factor for a fast left landing

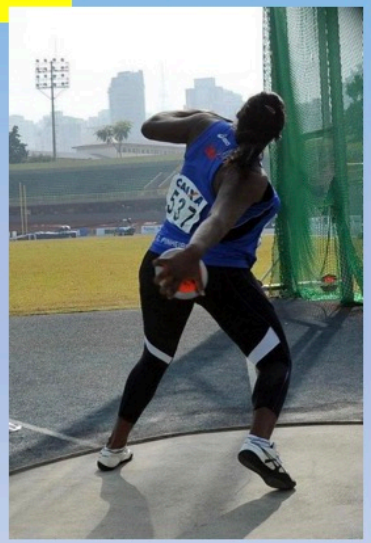
THE RIGHT FOOT'S JOB IS TO MAKE THE LEFT FOOT LAND

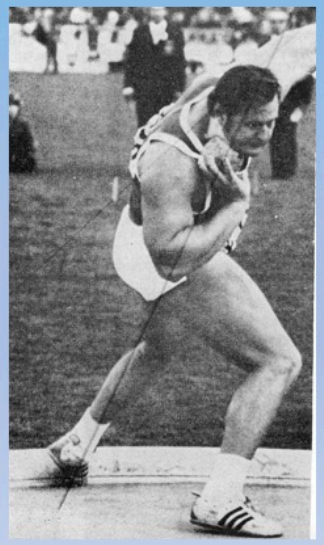
THE RIGHT FOOT IS THE ACCELERATOR PEDAL OF THE THROW

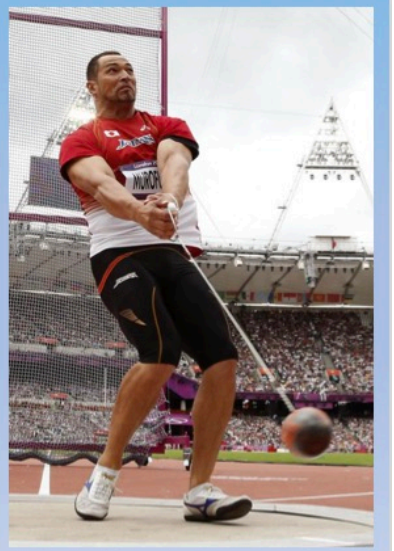
THE LEFT LEG/FOOT ACTIONS

By ''banging down'' , ''attacking the ground'' , shortening the path , active opening of the knee …

THE LEFT LEG/FOOT will also be able to accelerate the landing process







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WHAT ARE THE POSSIBILITIES TO ACHIEVE A FASTER LEFT FOOT LANDING

1-THROW FASTER ?

OK , it can work , but it is not a good idea if you are already at your optimal speed

2-GO SHORTER ?

It does work not to look for a long stride or wide left leg circle

But too short may be negative for balance or range of motion

3-MORE SUSPENSION ?

It certainly can work as a higher suspension in the javelin ”hop” or the discus ”turn” may generate a fast near simultaneous right left landing …but too much suspension can , in the contrary , create the need of amortization . Not good !

4-GO DOWN ?

Going down on the right leg to land the left faster makes sense but going down must not mean slowing down and collapsing on the right leg .

5-REACT BETTER ON RIGHT. !!!!!!

Here we are again ! The right leg job is to make the left land and transfer all the speeds and forces on to this left leg . So if you want to improve your left leg landing , better watch first what your right leg is really doing !

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SHOT PUT LINEAR FAST LEFT FOOT LANDING

1-PRE TENSION OF THE RIGHT FOOT TO PREPARE FOR AN ACTIVE AND IMMEDIATE REACTION AT LANDING –NO AMORTIZATION

2-ROLLING OUTSIDE/INSIDE EDGES OF THE RIGHT FOOT (”Blotter’’ action)

3-PUSHING THE RIGHT KNEE FORWARD

4-LEFT LEG MOVES AS CLOSE AS POSSIBLE TO THE RIGHT

5-LEFT FOOT GLIDE CLOSE TO THE GROUND AND HIT THE BOARD ON ITS OUTSIDE EDGE

6-MAINTAIN HORIZONTAL SPEED

7-THROWERS UPPER BODY PASSIVE

8-DON’T COME UP

THROWS : HOW TO GET A FAST LEFT FOOT LANDING ?

SHOT PUT ROTATIONAL
FAST LEFT FOOT LANDING

1-PRE TE
PR
REA
2-AC
(Star
3-PRE
KNEE
4-PUSH
RIGHT
5-LEFT L
6-ACTIVE
7-BANGIN
8-UPPER B

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