



DISCUS TECHNIQUE COMPARIZON

Didier POPPE
National
Throws
Events Coach

**Samiuela
ULUFONUA**



**Richard
CALLISTER**



**Alexander
PARKINSON**



PARKINSON Alexander

Born 1994

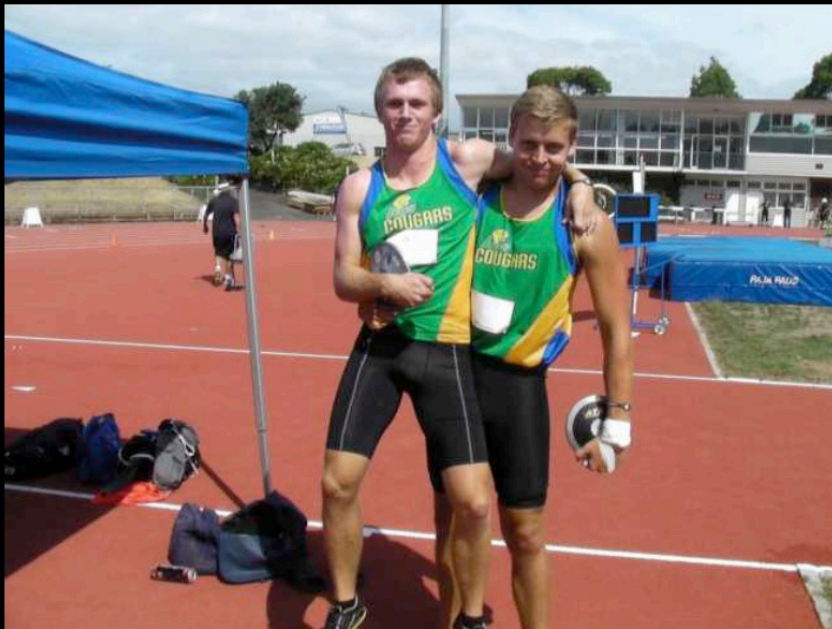
Club : North Harbour Auckland

Coach : Didier POPPE

2,00m – 107kg

NZL Under 20 champs 2013 5th

PB : 1,75kg **47,85m** 2kg **42,34m**



CALLISTER Richard

Born 1995

Club : North Harbour Auckland

Coach : Didier POPPE

1,85m 83kg

NZL Under 20 champs 2nd 2013

PB : 1,5kg **52,72m** 1,75kg **48,72m**

2kg 44,24m



ULUFONUA Samiuela

Born 1996

Club : Manurewa

Coach : Nigel EDWARDS

1,95m 120kg

NZL Under 20 champion 2013

PB 1,5kg **58,47m** 1,75kg **51,44m**

2kg **47,55m**

Youth World Ranking Discus 2013 13th



Samiuela ULUFONUA

PRELIMINARY SWING AND ENTRY



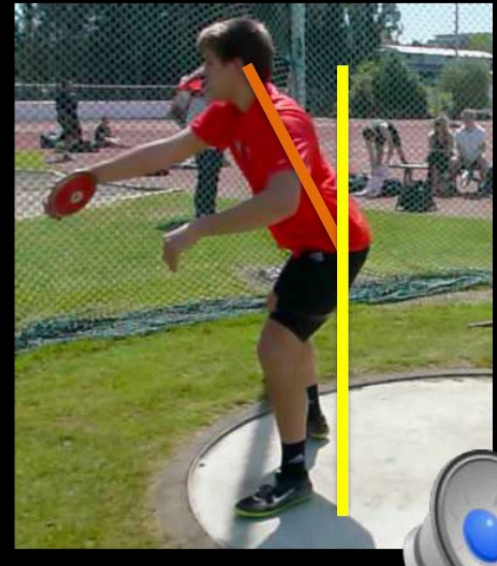
Richard CALLISTER



Alexander PARKINSON



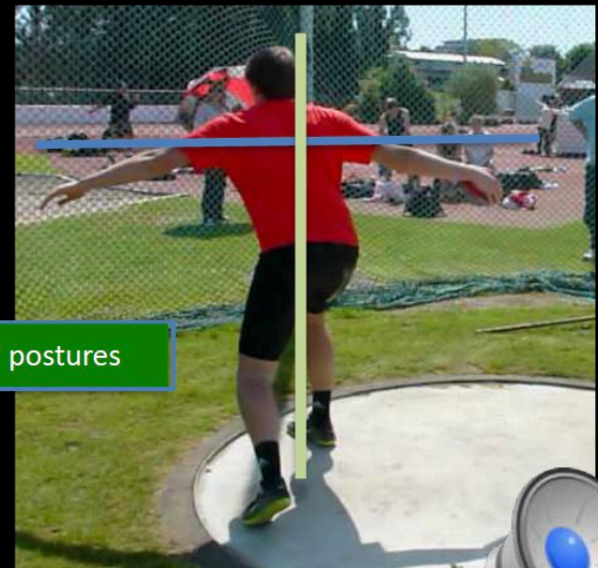
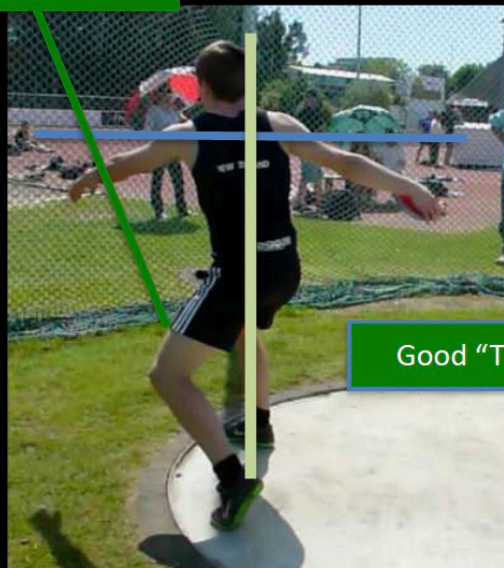
STARTING POSITION and PRELIMINARY SWING 1



PRELIMINARY SWING 2



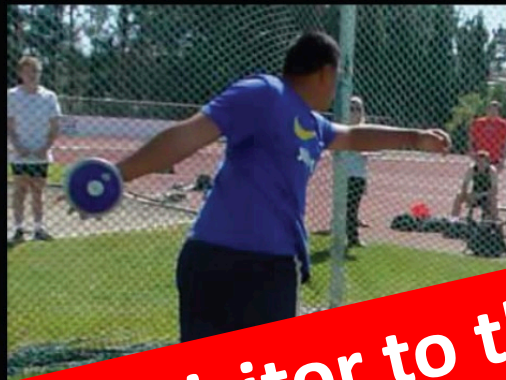
Wide knees posture



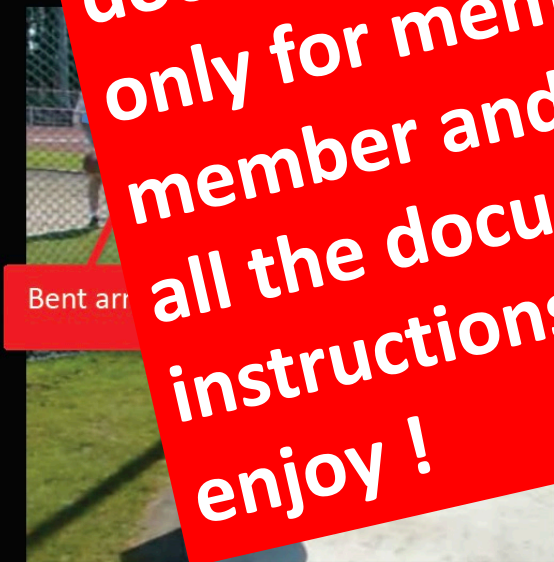
Good "T" postures



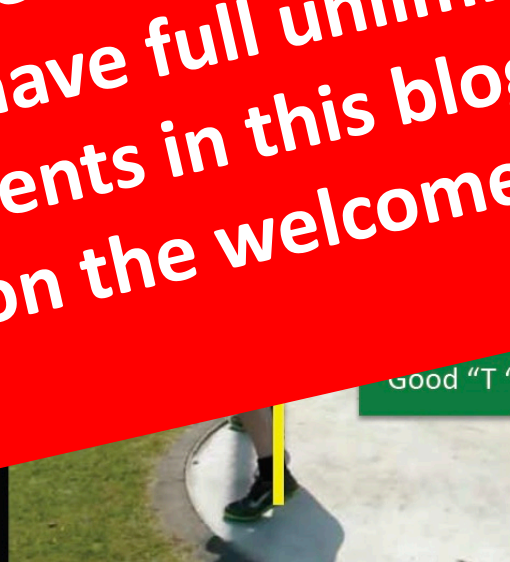
PRELIMINARY SWING : MAXIMUM TWIST



Over extension shoulder / hip



Bent arm



Good "T" postures



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