



**SPECIMEN FOR VISITORS**

# Andriana VILAGOS

Born 02-01-2004

**(Serbia) 17 years 600g**

**61.46m** 19-08-21 Nairobi

**62,36m** 14-09-2021 Zagreb

## JAVELIN PROGRESSION

	600g	500g	400g
2021 17y	<b>62.36m</b>	<b>70.10m</b>	
2020 16y	57.41m	<b>68.76m</b>	
2019 15y	-	<b>64.73m</b>	<b>65.77m</b>
2018 14y	-	<b>59.69m</b>	<b>64.42m</b>
2017 13y	-	<b>55.76m</b>	<b>60.05m</b>

*All 400g and 500g results are world best ever age performances*



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## PALMARES

- 2021 World U20 Champion**
- European U20 Vice champion**



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Andriana VILAGOS , the world U18 javelin record holder , first ever over 70m ,is one of the most incredible athletics talents in the world...and she was not even allowed to compete at the Olympics !!! Because (again) of the stupidity of a rule which stipulates that no under 18 year athlete will be allowed in the throwing events. What concerns the javelin throw , it is a pure idiocy as there is no "danger" for a 17y to throw a javelin just 100g heavier than its age implement. If she had competed in TOKYO , she would have had a very serious chance to make the top 12 final...at least ! Later , she won the U20 world championship in Nairobi with 61.46m and improved her 600g PB to 62.36m , about 1m short of the world U20 record !



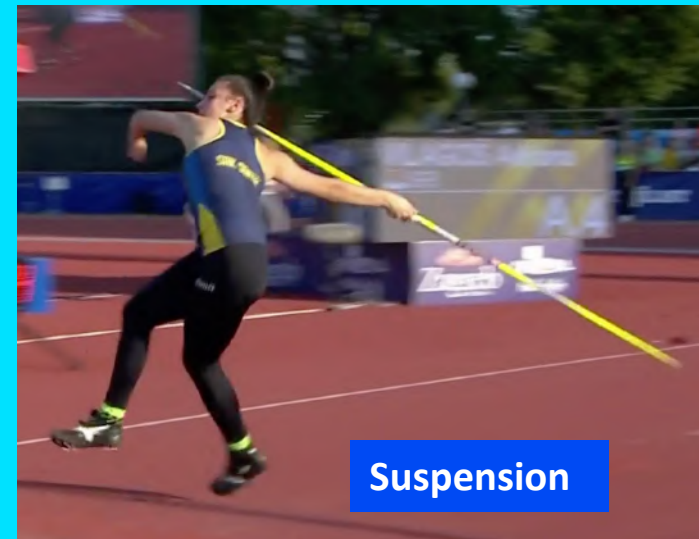


# Andriana VILAGOS (Serbia) 17 years 600g 62,36m 14-09-2021 Zagreb

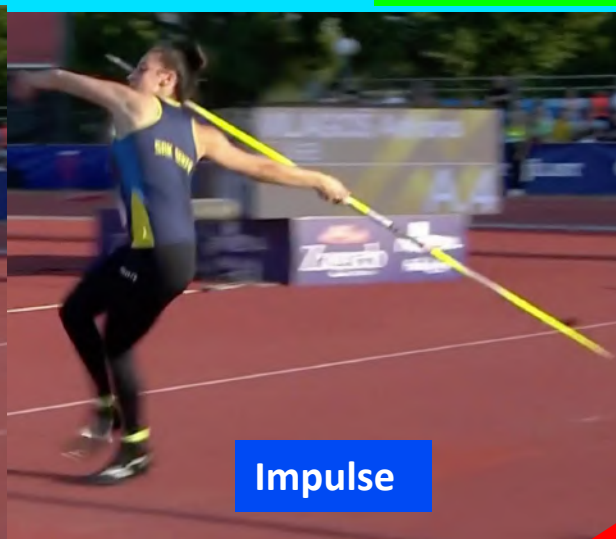
## THE HOP AND BLOCK

**Note the excellent position of the javelin keeping the same angle during all this phase**

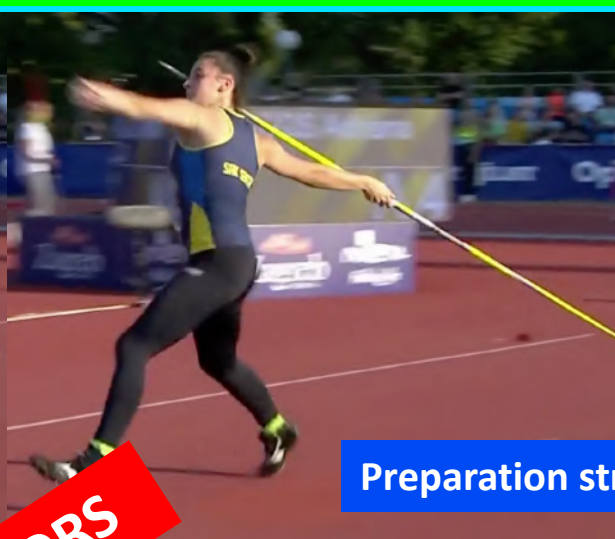
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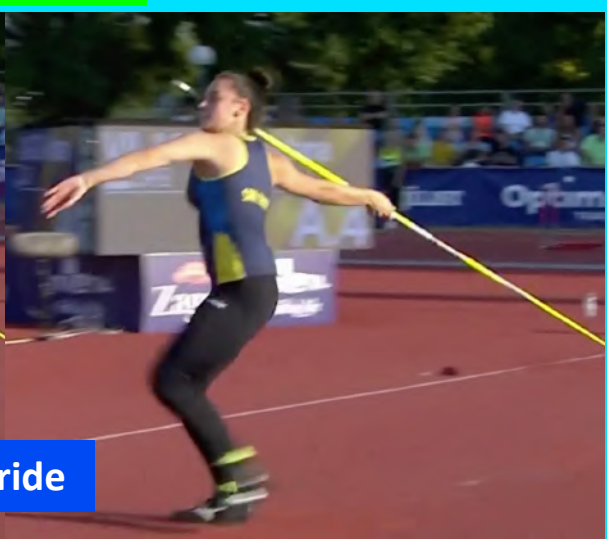
Suspension



Impulse



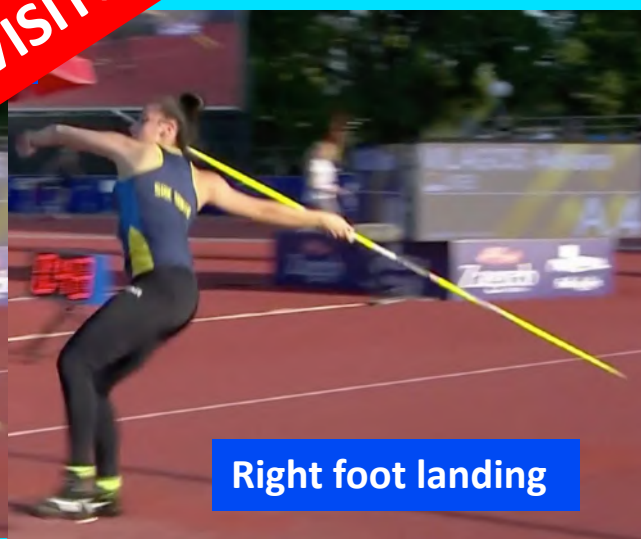
Preparation stride



The blocking



Preparation of the block



Right foot landing



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No variation of the javelin angle  
Progressively accelerating  
preparation strides

### PREPARATION OF THE HOP

A clear progressive trunk  
rotation in the last strides  
preparing for the hop

**SPECIMEN FOR VISITORS**



Left

Right

Left

Right



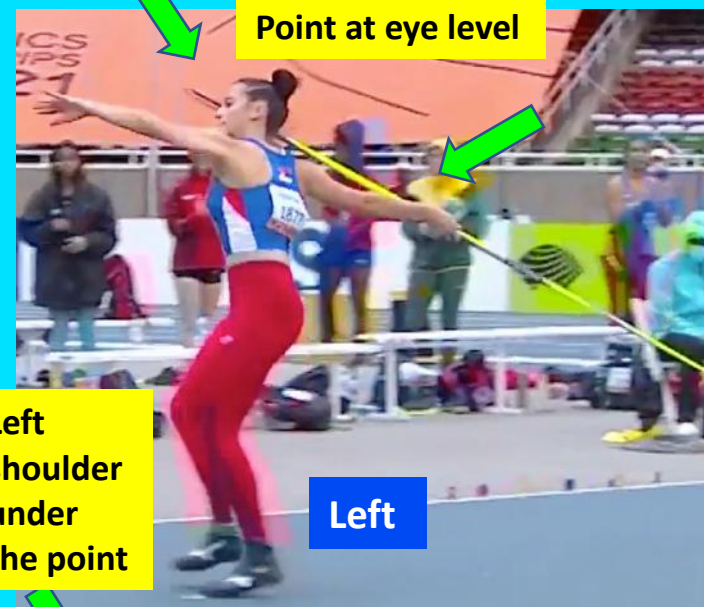
# Andriana VILAGOS (Serbia) 17 years 600g 61.46m 19-08-21 Nairobi

## PREPARATION OF THE HOP

Points of interest

Direction of the throw

Point at eye level



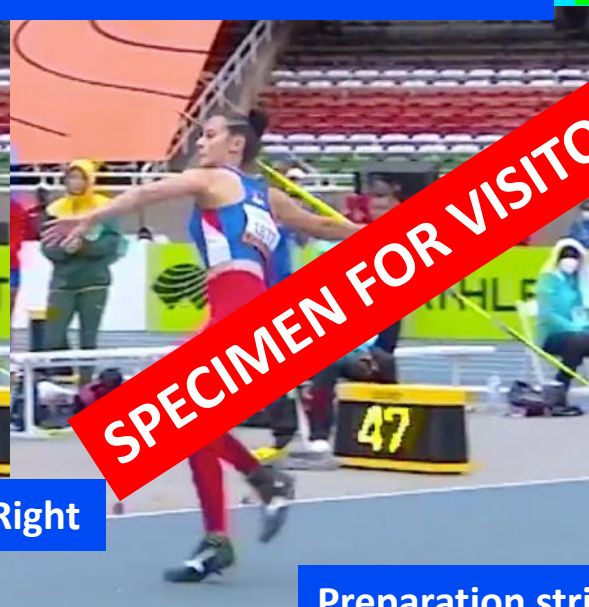
Left

Left shoulder under the point



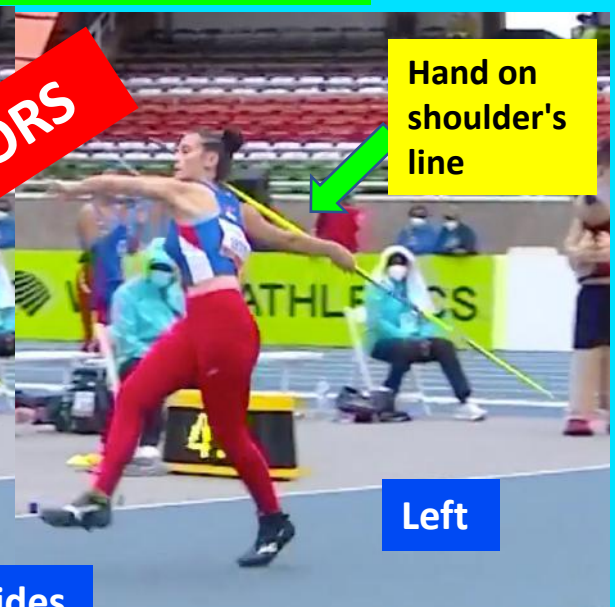
Right

Active strides



Preparation strides

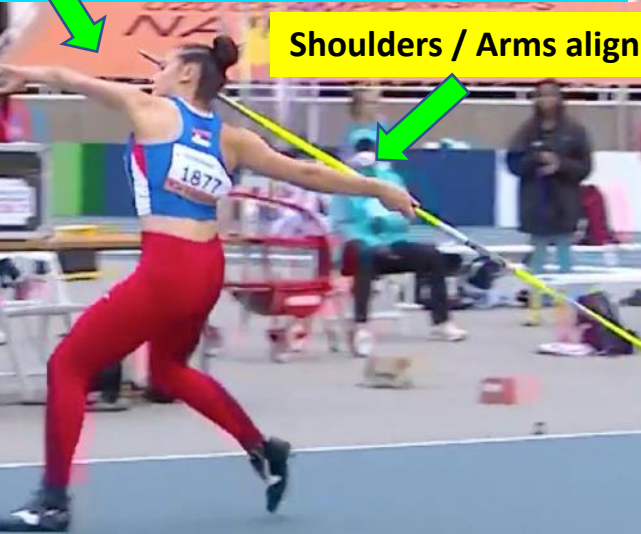
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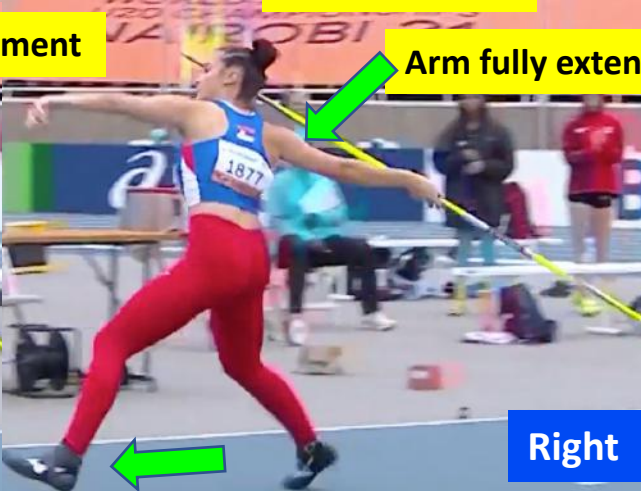
Left

Hand on shoulder's line

Shoulders / Arms alignment



Arm fully extended



Right

Active strides

Javelin angle constant



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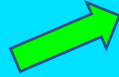


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**Note :** Excellent management of this critical phase . With good preparation of the blocking with left arm and left shoulder (Alignment of the left side). The javelin in clearly not on the median line with a lot of shoulder rotation

Point of interest

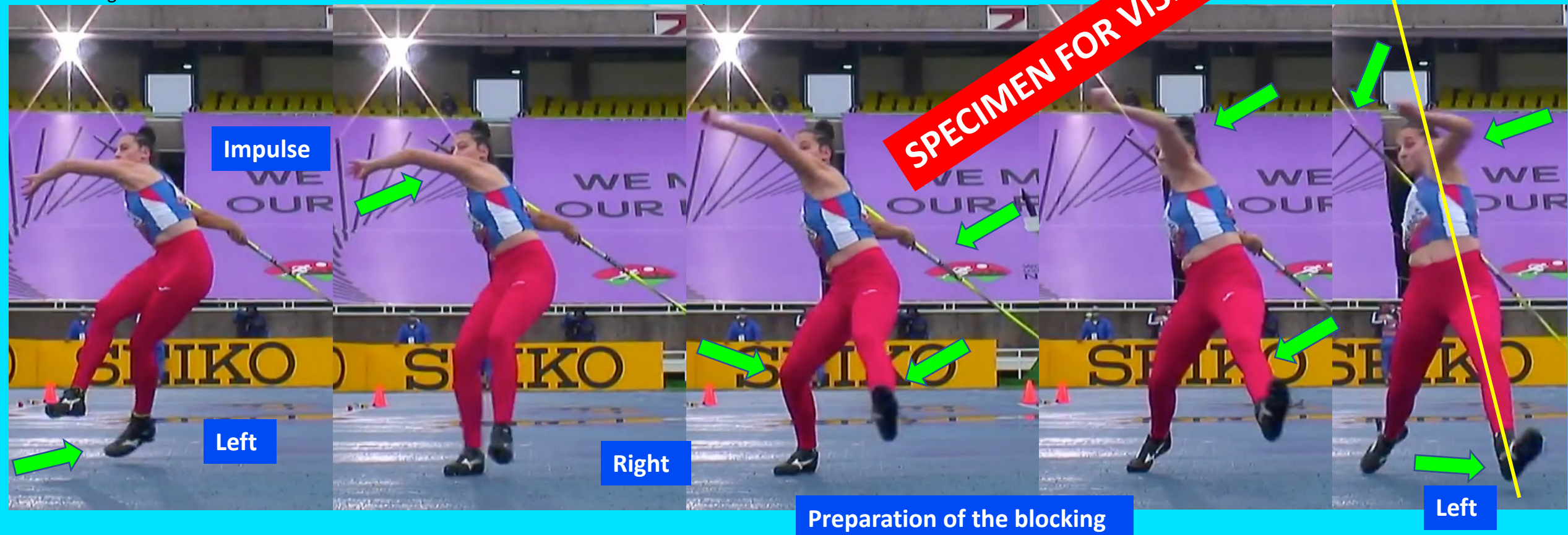


## THE HOP

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## PREPARATION OF THE BLOCKING

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### **GENERAL COMMENT**

When one looks at the performances , it's easy to expect that we have a lot of premature adult or of super woman . It can only be credited to a "physical" looks like ...what she really is ...a 17 years

super performances , was there any hard conditioning ? We don't know and hopefully information . But what we KNOW is WHAT WE CAN SEE . And she has an ABSOLUTELY SUPERB TECHNIQUE . Is that a "natural" that the result of an excellent coaching ? Who does really care ! IT IS a great technique , better than most of the senior Olympic competitors !

Now the usual question with premature achievers is to know if they have still a progression margin to reach the top of the world elite ...or if they have already spend all their money ...and will stagnate , or disappear sometimes even faster than they came on the international sport scene. But in fact WE don't want that as we could do well with Andriana and a new generation of top class female javelin throwers like we have now in the men's event.