

DISCUS TECHNIQUE **Valarie ALLMAN (USA) 70,15m** US record

VALARIE ALLMAN

– Born 23-02-1995

Coach : Zebulon SION

Progression :

2011 : 44,64m 16y

2012 : 50,91m 17y

2013 : 56,13m 18y

2014 : 57,45m 19y

2015 : 57,48m 20y

2016 : 61,42m 21y

2017 : 64,69m 22y

2018 : 63,55m 23y

2019 : 67,15m 24y

2020 : **70,15m** 25y



Palmares :

2014 2nd World junior champs Eugene

2015 5th universiade Gwangju

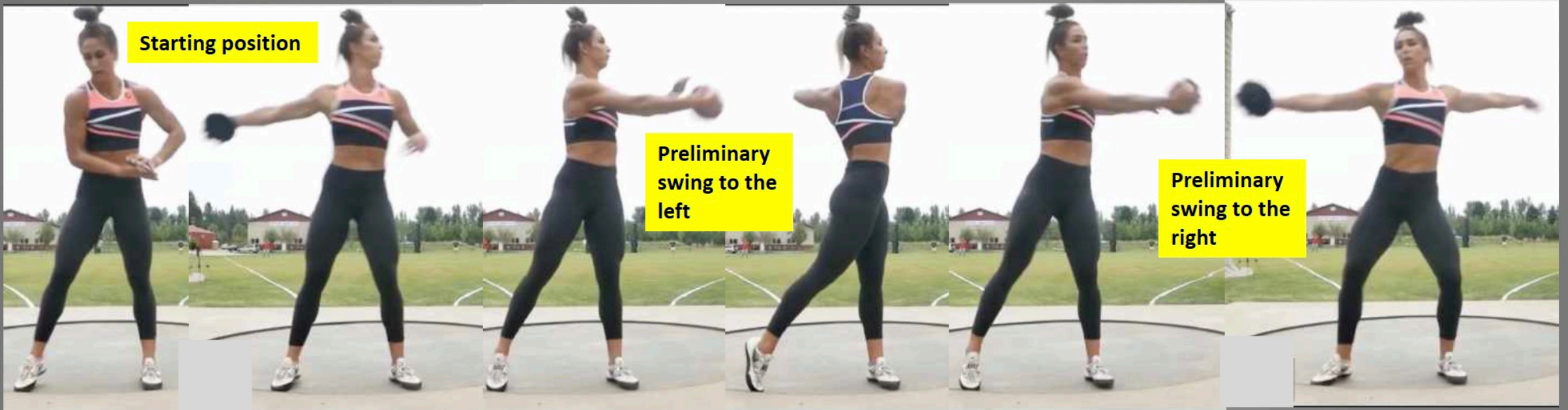
28th World champs London

2017 2nd universiade Taipei

2019 7th World champs Qatar



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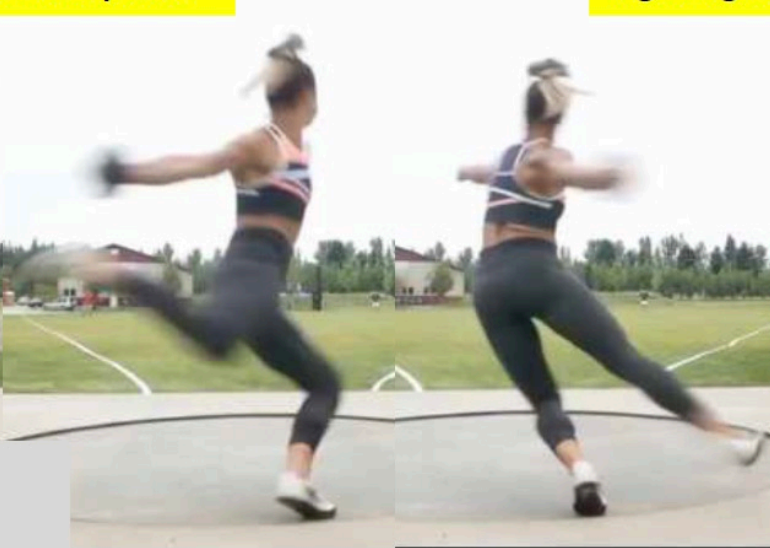
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Left foot pivot



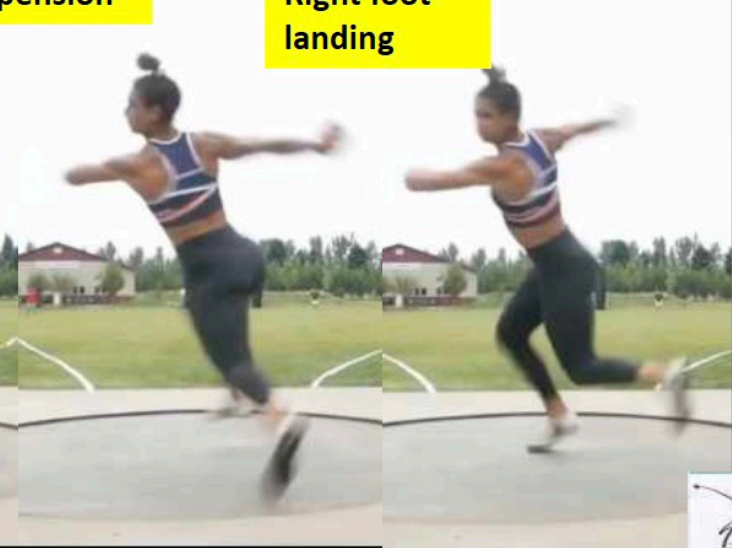
Right leg swing



Suspension



Right foot landing



Right foot pivot



Left foot landing



Building tension



Delivery



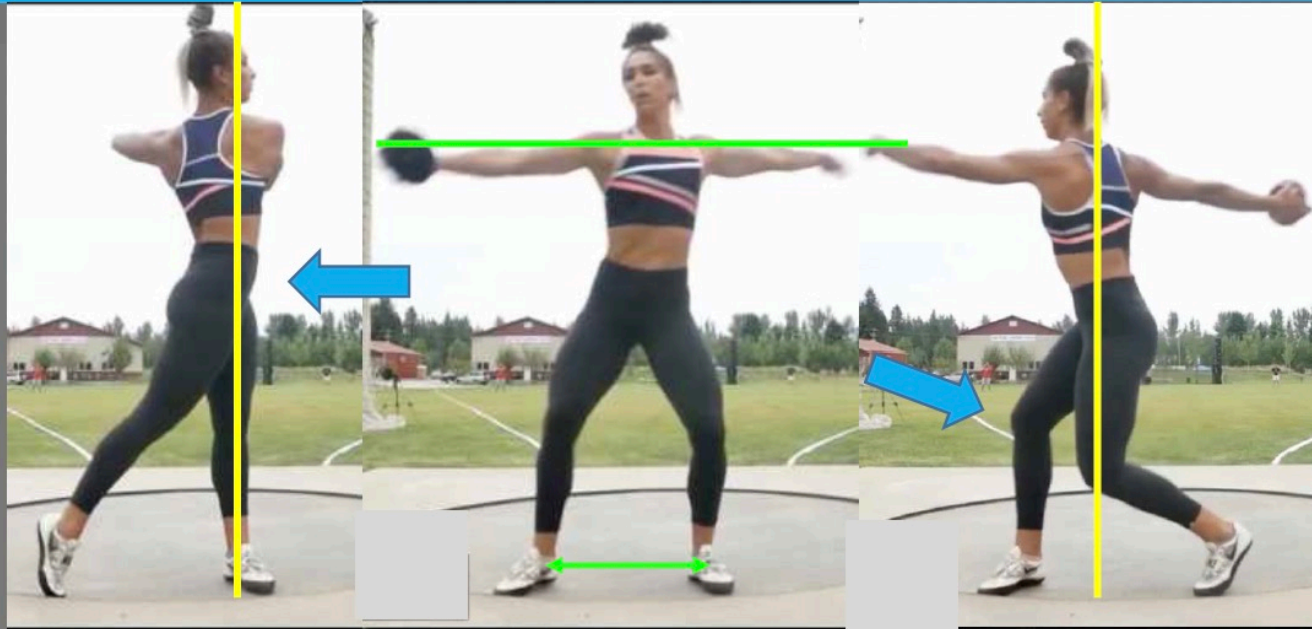
Recovery



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STARTING POSITION – At the back of the circle on the sector median axis – Stance wider than the shoulders but not very wide – Upright position

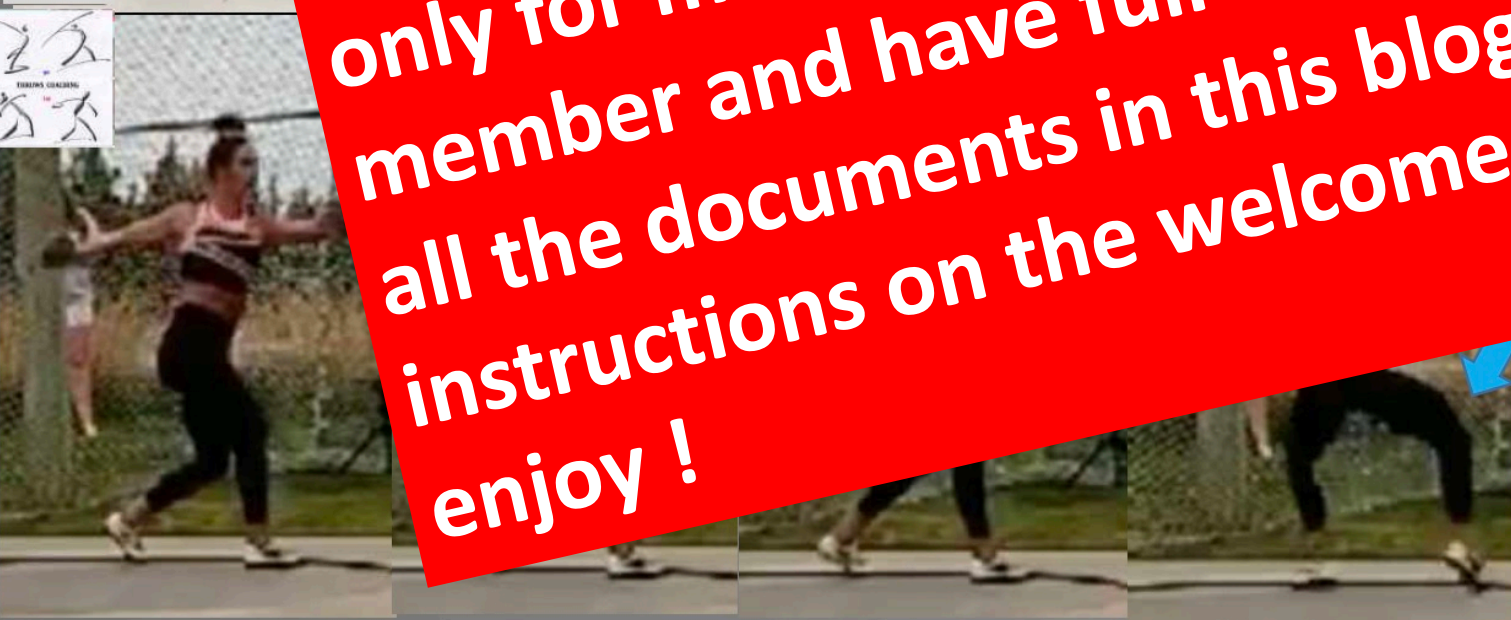
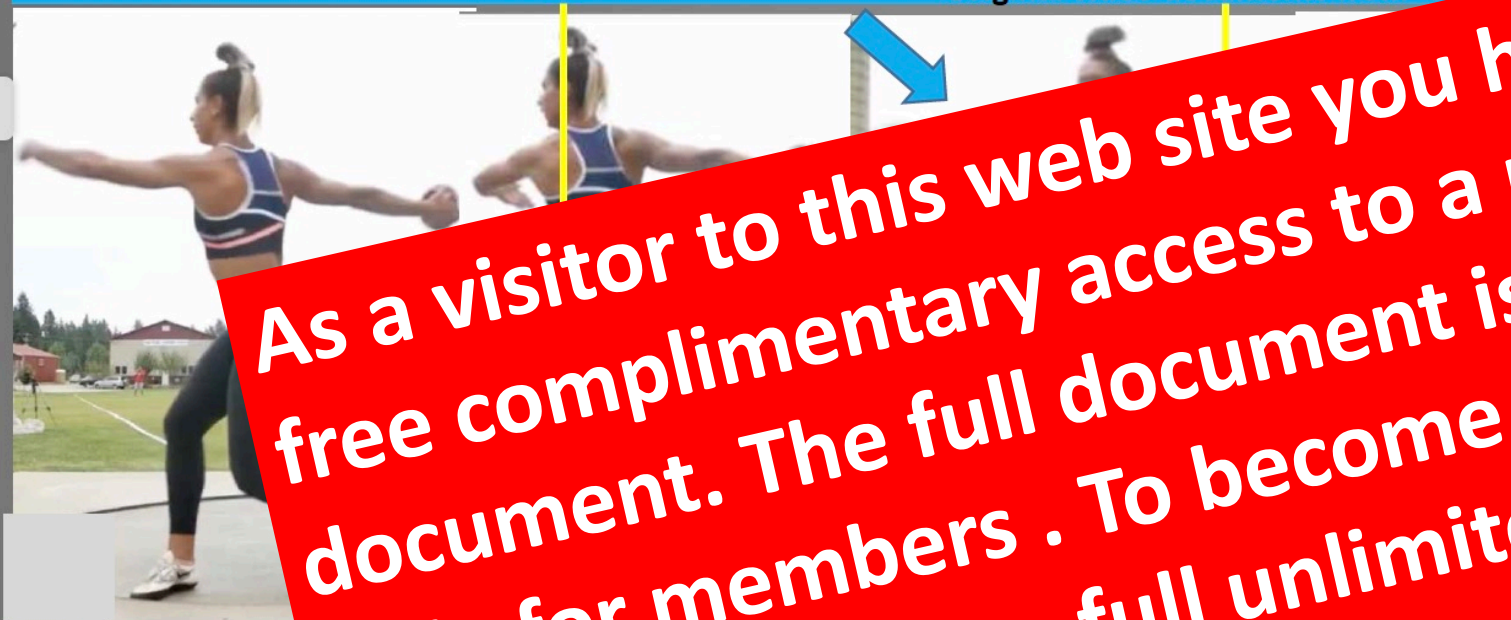


PRELIMINARY TRUNK SWING

Trunk rotation with wide arms – Upright posture – Full torque at the end of the trunk rotation – Little flexion of the legs at the end of the trunk swing – Fluid action

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TRY – Starts with a transfer of the body over the right leg extending for a upright position – body weight is to the left leg legs flexion... pushed forward create a very in the legs – The opens wide but not aggressively and is on the same vertical plan as the left knee (Opening "like a door") – Perfect "T" position trunk/shoulders-arms line.