



DISCUS TECHNIQUE : Daniel STAHL (Sweden)



PROGRESSION

2020	71.37
2019	71.86
2018	69.72
2017	71.29
2016	68.72
2015	64.73
2014	66.89
2013	61.29
2012	62.16
2011	55.60
2010	50.32
2009	44.34

71,37m

Sweden
Born 27-08-1992
Height 2,00m
Weight 155kg
PB 71,86m (2019)
Shot put : 19,38m
Coach : Vestein
HAFTSTEINSSON



PALMARES

World Youth Championships	Brixen, Italy	16th (q)	Shot put (5 kg)	18.17 m
		16th (q)	Discus throw (1.5 kg)	53.94 m
World Junior Championships	Moncton, Canada	27th (q)	Shot put (6 kg)	16.36 m
European Junior Championships	Tallinn, Estonia	20th (q)	Shot put (6 kg)	17.55 m
		–	Discus throw (1.75 kg)	NM
European U23 Championships	Tampere, Finland	4th	Discus throw	61.29 m
European Championships	Zürich, Switzerland	24th (q)	Discus throw	59.01 m
World Championships	Beijing, China	5th	Discus throw	64.73 m
European Championships	Amsterdam, Netherlands	5th	Discus throw	64.77 m
Olympic Games	Rio de Janeiro, Brazil	14th (q)	Discus throw	62.26 m
World Championships	London, United Kingdom	2nd	Discus throw	69.19 m
European Championships	Berlin, Germany	2nd	Discus throw	68.23 m
World Championships	Doha, Qatar	1st	Discus throw	67.59 m

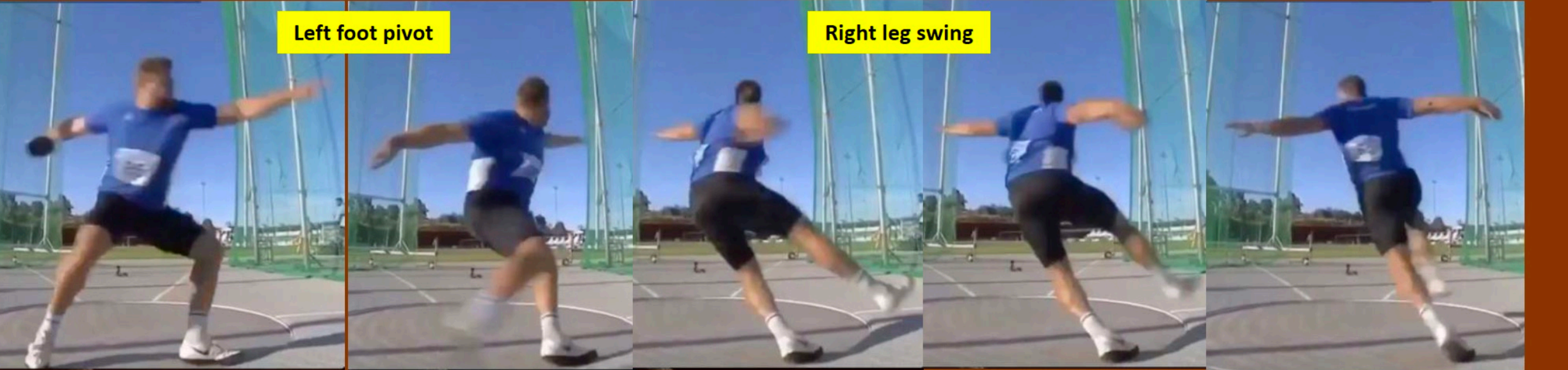
DISCUS TECHNIQUE : Daniel STAHL (Sweden) 71,37m



Starting position

Trunk preliminary swing

Entry



Left foot pivot

Right leg swing

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Starting position

Trunk preliminary swing

Entry



Left foot pivot

Right leg swing

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Suspension



Right foot landing



Right foot pivot



Left foot landing



Building tension



Delivery



Release



Recovery



DISCUS TECHNIQUE : Daniel STAHL (Sweden) 68.37m



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STANDING POSITION

Back of the circle , right
Median axis of the
Feet stance wider
Shoulder width – Feet
"10h10" - Upright
on – Little flexion



extended in
er on to the
arms line is

opening of the left side (Left arm-Left knee –Left foot)" like a door" on
the same vertical plane – Body weight transfer to the left - Left arm not
aggressive but VERY wide forward and left - Right knee pushed forward –
Knee well apart – Pivot on ball of the left foot – Perfect "T" position.