

DISCUS COACHING : COMPARISON OF THREE YOUNG THROWERS



Karmen Elizabeth
MARITZ

12 years Born 2008

PB **42,15m** 750g

Suluama
VAEAU MULITALO

18 years Born 2003

PB: **40,41m** 1kg

Centaine
NOOM DUCKWORTH

19 years Born 2001

PB : **40,82m** 1kg



The green point marks a good position



The red arrow marks a problem



Karmen

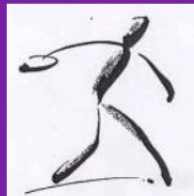


Suluama



Centaine

PRELIMINARY TRUNK SWING

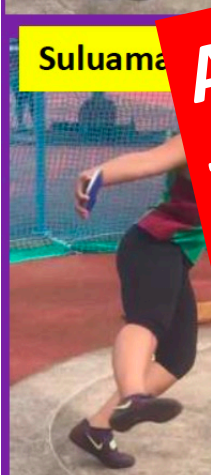




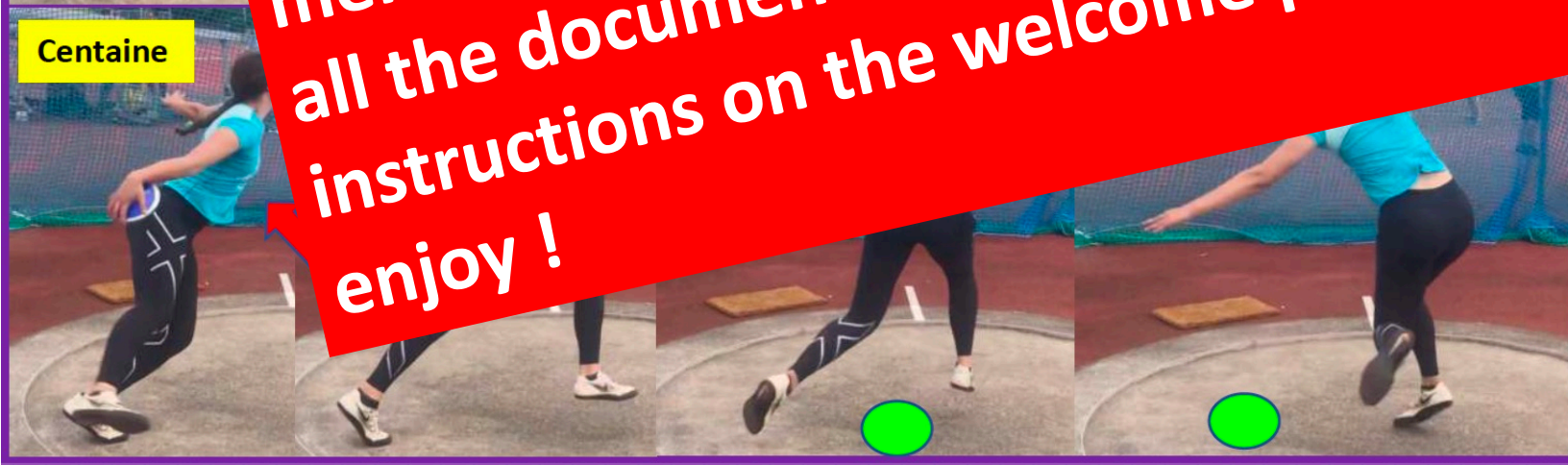
Karmen



Suluama



Centaine



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