

JOSIE SCHAEFER

UNIVERSITY of WISCONSIN

18.09m

SHOT PUT

1.16.2021

USA

Born 10-04-1999

21 years

1,83m

84kg

Document realised with help of Pascal SCHWARTZ and authorisation of Madison throws club

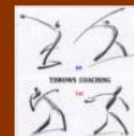


Shot Put

	Performance	Place	Date
2020/21	18.09	Camp Randall Sports Complex, Madison, WI (USA)	16 JAN 2021
2019/20	17.24	Willmore Center Fieldhouse, Ripon, WI (USA)	08 FEB 2020
2018/19	15.56	Bloomington, IN (USA)	26 JAN 2019

Discus Throw

	Performance	Place	Date
2019	51.50	Madison, WI (USA)	03 MAY 2019
2018	53.11	Madison, WI (USA)	04 MAY 2018
2017	48.25	Sacramento, CA (USA)	22 JUN 2017
2016	53.72	Clovis, CA (USA)	24 JUN 2016
2015	51.61	Baraboo, WI (USA)	11 MAY 2015



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Starting position



Preliminary trunk twist



Going down and trunk to the right



Max torque – Body weight over right leg – Little up rising



Going down – Left arm and knee opening like a door



Last right foot toes contact posture – End of opening



Left foot pivot – Wide right knee



End of left foot pivot - Wide right leg – Pressure on left knee – Perfect balance



Right leg swing



Right knee drive



Full drive – Little suspension



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Right foot landing

Right foot pivoting

Left knee opening

Left foot landing

Left arm opening
Arms alignment
Building tensions

Left side blocking
Legs extension
Right hip forward



Full extension
full left blocking
Arm action

Release

Follow through

Reverse recovery

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TRAINING THROWS

josieschaefer



Josie SCHA...

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