

# COMPARISON ELITE ATHLETE vs DEVELOPING YOUNG ATHLETE

**Mykolas ALEKNA** (LAT) 21y PB 69.81m **Etienne ROUSSEAU** (AUS) 19y PB 52.60m



## FOREWORD

In this chapter we shall compare two very different discus throwers .

One , Mykolas ALEKNA is one of the best throwers in the world (and still one of the youngest ! ) . He is very tall and his technique is faultless and efficient .



Etienne  
ROUSSEAU

The other, Etienne ROUSSEAU , that we are helping since nearly 2 years , is not anymore a beginner and is already a "good" discus thrower with obvious potential. But both play the same game and they don't have the same cards in their hand.

Etienne will never throw like Mykolas , but he may steal from him one thing or two ...and doing that, build a solid "Etienne's technique" to climb further up in the national and international hierarchy .

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## FOREWORD

You always have and need to compare yourself to the champions but it does not necessarily mean that you have just to copy them and become a sort of clone .

Not two athletes are the same because of their morphology , their training background , their specific qualities and , not to forget , their mental attitude .



**Mykolas ALEKNA**

(Original picture from world athletics)

There is also not ONE way to throw the discus, even if it seems at the first look that it is pretty much the same thing. (In fact, there are many technical points which leave little choice when dealing with the bio mechanical requirement ). But in a few parts of the throw , you really have different possible options .

The problem is then to make sure that these options are fitting together to build your own custom made technique when all throwers use the same building material . If all the ways lead to Rome , not all the ways lead to high level performance . You must find the best way for you with the eventual help of your coach as a GPS !





# COMPARISON Mykolas ALEKNA vs Etienne ROUSSEAU



**PRELIMINARY SWING**



At the maximal trunk torque pre starting position  
The postures are similar at arm level but ALEKNA has more trunk torque .





# COMPARISON Mykolas ALEKNA vs Etienne ROUSSEAU



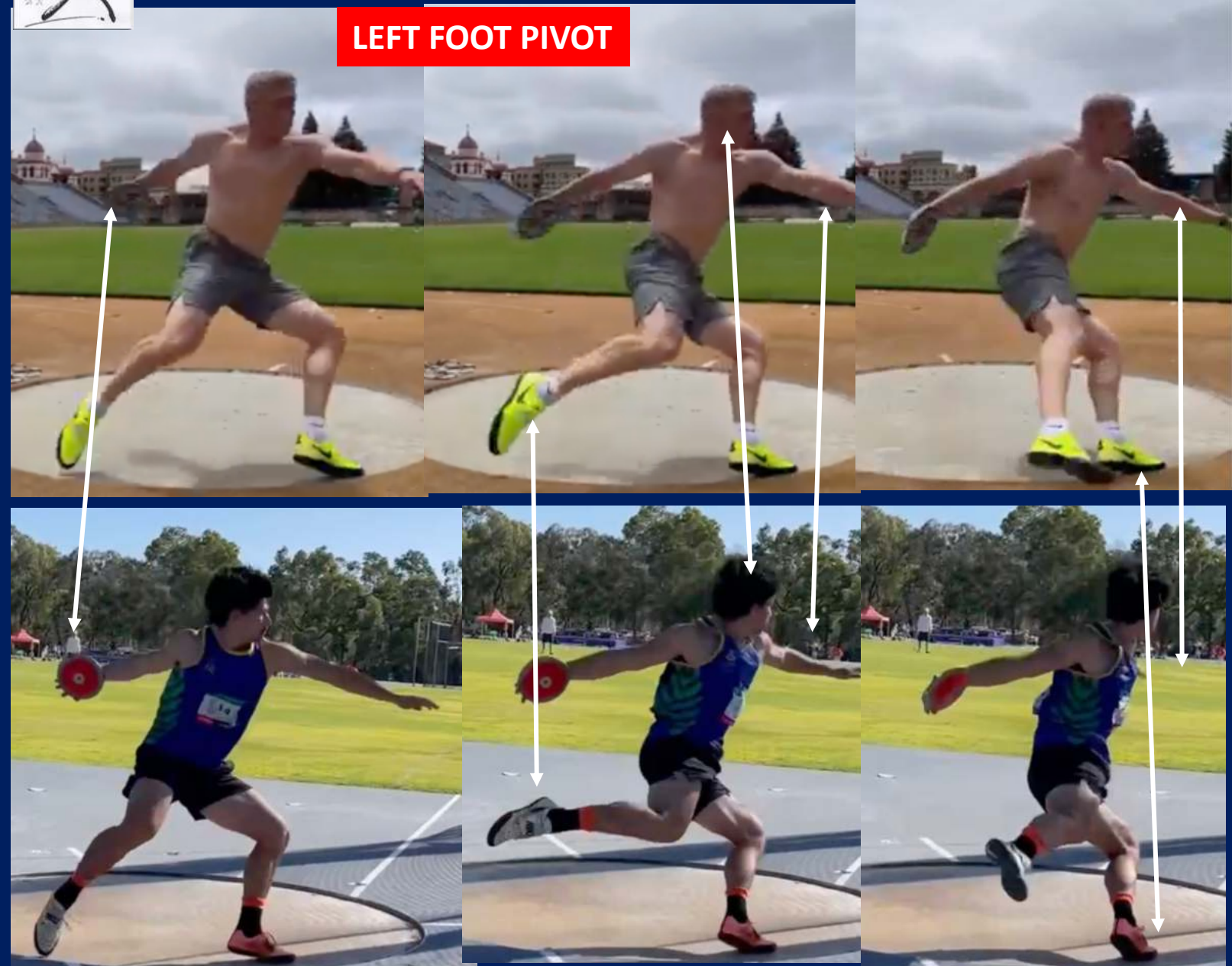
**FRAME Counting**  
From full trunk torque to  
right foot off the ground  
**ALEKNA 15 ROUSSEAU 44**

Even if again the postures look similar , there are some noticeable differences :

- 1- The HEAD** Etienne is "leading" with the head looking over his shoulder
- 2- The RIGHT ARM** . ALEKNA maintains his throwing arm further back
- 3- The SPEED** is the main difference with ALEKNA starting 3 times faster . Of course an elite athlete with a better technical coordination can afford to go faster . But this is quite much.

# COMPARISON Mykolas ALEKNA vs Etienne ROUSSEAU

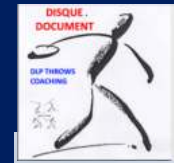
## LEFT FOOT PIVOT



There are two main differences in this phase of the throw where both throwers have an apparent similar posture :

**1-Left arm :** ROUSSEAU is clearly using his left arm to lead the rotation and the opening of the left side when ALEKNA maintains his chest facing backward (Pict 3)

**2-Pivot :** ROUSSEAU is pivoting completely on his left foot until the left toes are facing in the direction of the throw, which is fine . ALEKNA doesn't pivot completely , (Intentionally or not) and on this throw seems to hit or get support from the rim of the circle







# COMPARISON Mykolas ALEKNA vs Etienne ROUSSEAU

**FRAME Counting** From Right foot of the ground to left foot off the ground **ALEKNA**



**RIGHT LEG SWING**

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**SUSPENSION**

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**FRAME Counting**  
Suspension time  
**ALEKNA 3**  
**ROUSSEAU 6**