

GOOD AND BAD IN THE DISCUS THROW

WITH Fernanda TIRADO (NZL) 14 YEARS

PREPARATION PHASE : ALL GOOD ! Good starting position at the back of the circle (The feet stance could be a bit wider to allow more range) – Easy relaxed arm swing followed by a trunk rotation to the right connected with a flexion on both legs . The maximum trunk torque (next slide) is easily going up to 360* without forcing it . Good T position between the shoulders / arm line and the median line of the trunk.



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ENTRY and LEFT FOOT PIVOT : QUITE GOOD ! From the full trunk torque posture , she has a well balanced entry , opening simultaneously with the left arm and pressure on to the left knee . **She could keep her head looking back at this stage** . Great T posture at the end of the left pivot , with the knee well apart and the trunk upright.



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RIGHT LEG SWING TO RIGHT FOOT LANDING : Excellent right leg swing and knee drive with the chest facing forward , **but the right arm is in front instead of trailing back.** Anyways it comes to a great posture at right foot landing with the arm well behind and the left shoulder down for a maximal trunk torque .



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RIGHT FOOT LANDING to LEFT FOOT LANDING and DELIVERY ! Superb posture at the beginning of the right foot pivot with the knee close together. Under low, the arms extended in an inclined T position. On the left foot which pivots actively. Good posture over the right foot is bending down a bit too much. Solid left foot. 90*.

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