

**Mykolas
ALEKNA**

IN THE 70m DISCUS CLUB



It was certainly "expected" but it came already right at the beginning of the season . Certainly not a "lucky" or a "windy" throw , but a good great solid technique . Probably one of the best we have seen since most discus coaches "technical model" was Wolfgang SCHMIDT.

Of course , now we are going to expect more bigger throws as this is still not even the ALEKNA's family record (father Virgilius did 73.88m in 2000 , just 20cm short of Jürgen SCHULT world record !) .

Mykolas is now (only) 18th on the all time list just ahead of Mac WILKINS , one of the legends of the event .

BUT HE IS ONLY 21 years old ! And as discus throwers are known to mature relatively late ,(in their thirties) , there will be some excitement in the discus circles in the coming years , knowing that a certain Kristjan CEH 71.27m last year and aged only 24 years old may have also his own ideas on the matter !

71.03M



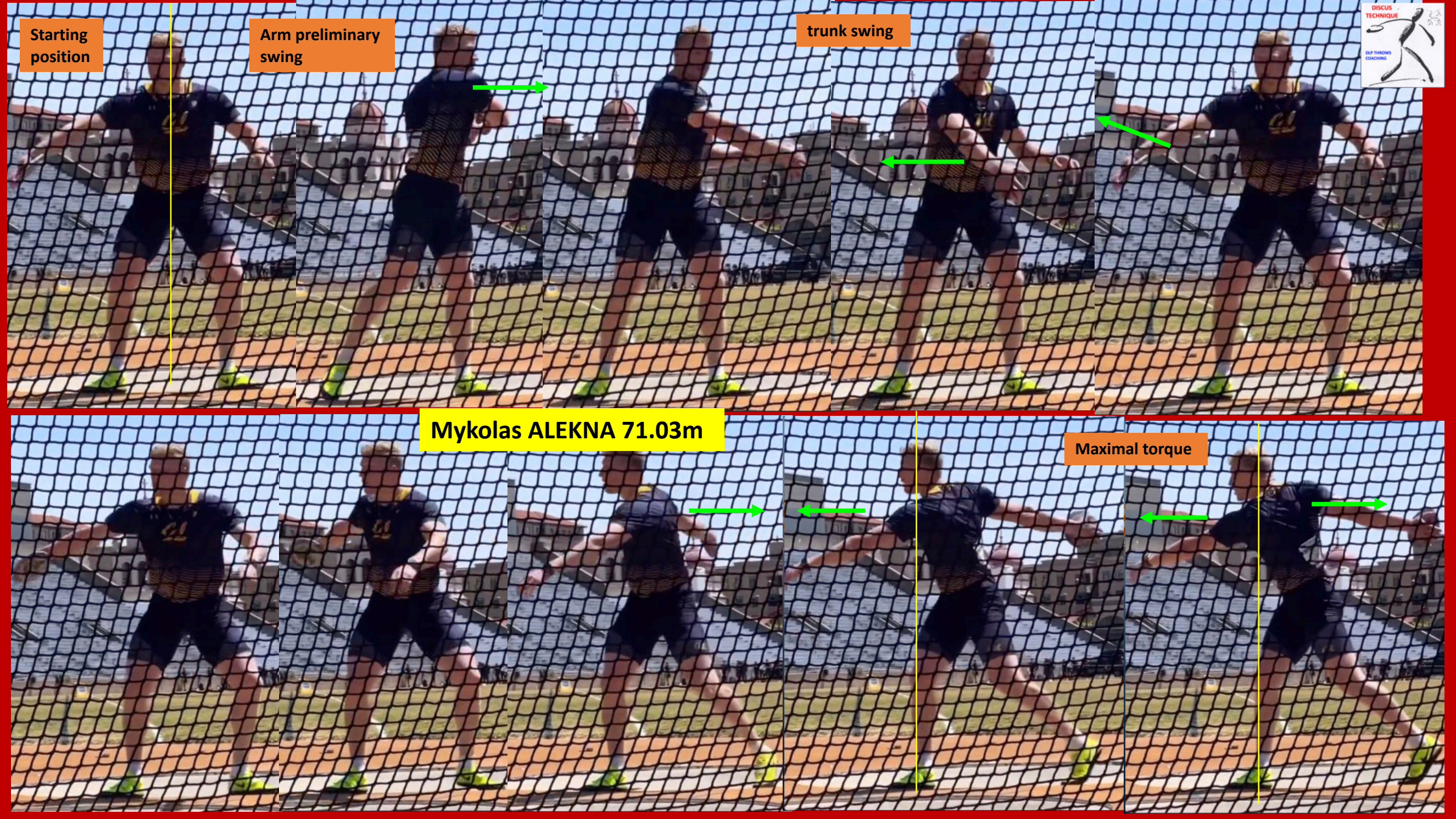
Starting position

Arm preliminary swing

trunk swing

Maximal torque

Mykolas ALEKNA 71.03m



Entry

Left foot pivot

Mykolas Alekna 71.03m



Right leg swing

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Right foot pivot

Left foot landing

Building tensions

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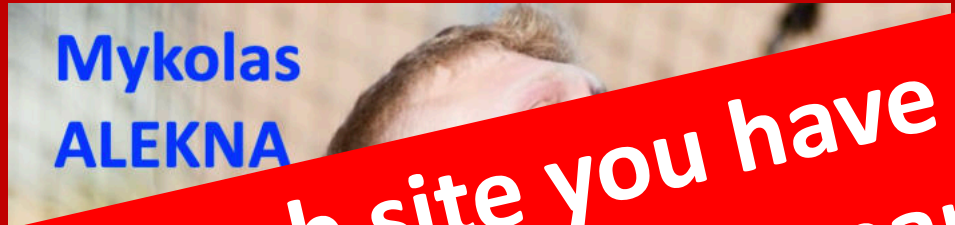


Mykolas ALEKNA 71.03m

GENERAL COMMENTS

Great techniques always looks "easy" and this is the general impression given by this throw of Mykolas ALEKNA. The fluidity and ease of the motion, the "throwing" goes naturally, some sort of

When one of "technically" according the biomechanics, succession of at the key phase of tensions and control of the im the path, favourable delivery, solid left rotational axis, mo into the implement



pecially like :
of motion
ess of the throwing arm
ontrol all along the
small suspension
active pivoting
fast "planting" of
on controlling the
d transferring
ement.

...which is
...is stopped against
...takes advantage of the "new " rule
...support to start his drive across the circle . OK , this
...ed , so let's do it ! ...Anyways , Mykolas is certainly good
...enough to throw over 71m (and hopefully more to come) whatever the
rules , the officials and the comments are !

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