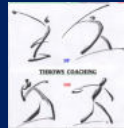


Mykolas ALEKNA

74.35m

WORLD
RECORD

Technical Analysis



01



STARTING POSITION

02



03



PRELIMINARY TRUNK SWING

04



Mykolas ALEKNA

74.35m

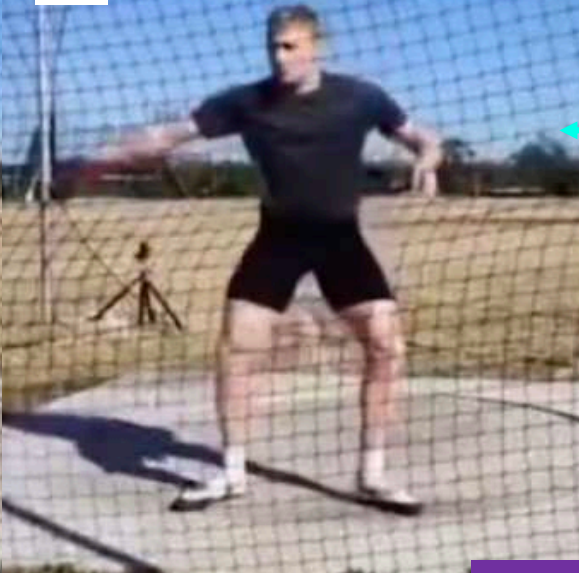
WORLD RECORD



05



06



07



MAXIMAL TORQUE STARTING POSITION

THE PREPARATION PHASE

Starting position with a relatively narrow stance, both feet pointing outside (10h10 position)

Easy preliminary swing of the trunk and arm first toward the left (02) then toward the right until full trunk torque "T" posture (07) with body weight shifted on to the right leg .

No intention to "force" this action for more torque .

The posture is maintained during 3-4 frames before starting the throw





Mykolas ALEKNA 74.35m WORLD RECORD

THE PRELIMINARY SPEED PHASE : "OPEN and PRESS !"

The real start of the throw begins with a flexion on the legs and opening of the left arm (08)

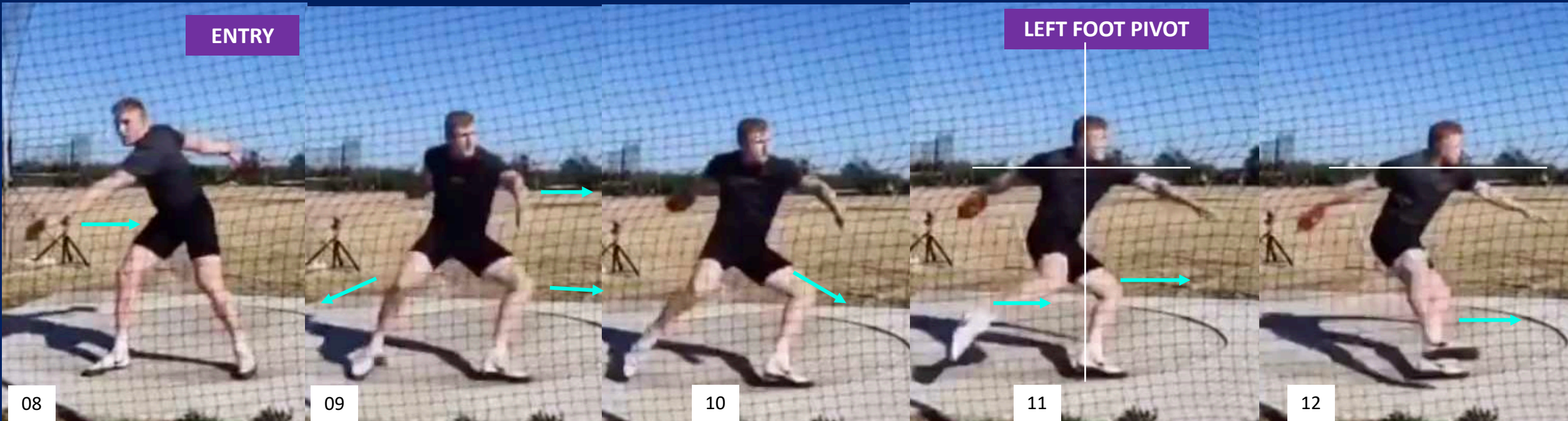
The right knee is pointing first forward (09) , both knee going apart to build the "bridge" posture.

The left arm and the left knee open "like a door" on the same vertical plane (09-10-11)

The body weight is shifting on to the left leg , applying pressure inside the left knee and on to the left foot pivot (10-11)

The left arm is not opening actively and the thrower is still facing back (11-12) during the left foot pivot

The right leg swings wide around and crosses the median line fully extended in a pivoting "T" posture (11-12)





Mykolas ALEKNA 74.35m WORLD RECORD



THE BUILDING MOMENTUM PHASE : THE "PRESS and GO !"

During the right leg swing , the thrower is not opening the upper body but facing toward the right as long as possible (13-14-15)

The left pivot is not completed when the right knee starts to drive across the circle (14)

The right knee drives first toward the right , then forward , then inside . (14-15-16)

There is some horizontal impulsion from the left leg but little suspension time (only 3 frames)

During the suspension , the discus is well behind , the chest is still facing a bit toward the right . The left shoulder is lower than the right and the right foot toes are lifted up and turned inside to prepare for landing. (16-17)

RIGHT LEG SWING

RIGHT KNEE DRIVE

IMPULSION

SUSPENSION

13

14

15

16

17

Mykolas ALEKNA 74.35m WORLD RECORD

THE TRANSFER PHASE : "PRESS AND THROW 1" Right foot pivot to left foot landing



Right foot is actively on inclined "T". Both knees together and foot is lifted

As a visitor to this web site you have had a free complimentary access to a part of this document. The full document is reserved only for members

To become a "life" member and have full unlimited access to all the documents in this blog, follow instructions on the welcome page....and enjoy !

h left and with the mental king

RIGHT FOOT

