

Coaching young athletes : Declan FORD (NZL) 14y 14.94m

Date birth : 25-02-2011 14 years
Club : North Harbour bays Auckland
Shot 4kg : 14.94m
Shot 5kg : 12.49m
Discus 1kg : 50.48m



In a matter of 6 months , Declan has become the best 14 years old young shot putter in New Zealand . After making his debuts among the NHB club juniors , he was first better performing in the discus (Still doing well with it !) .

Last October, he joined the DP's throwers group , and started training seriously twice a week, also doing some conditioning under his dad's supervision .

The results (in both events) trespassed all the expectations and , after a period of adaptation due to technical assimilations , the performances rocketed at the rate of more than 50cm per month. (Not Jacko GILL's standards but still out of norms !)

It will be interesting for our web site members to follow this young athlete development and see what he is doing and if he will be able to manage the cohabitation between rugby and throwing events .

On this document , you will see that (no surprise) his technical approach has some similarities with young Jacko GILL but there are also some points which could remind of ...Adam NELSON !

Palmares shot put :
2025 : NZL champ U16 3rd BRONZE
NI NZL Schools 1st GOLD



Preparation phase

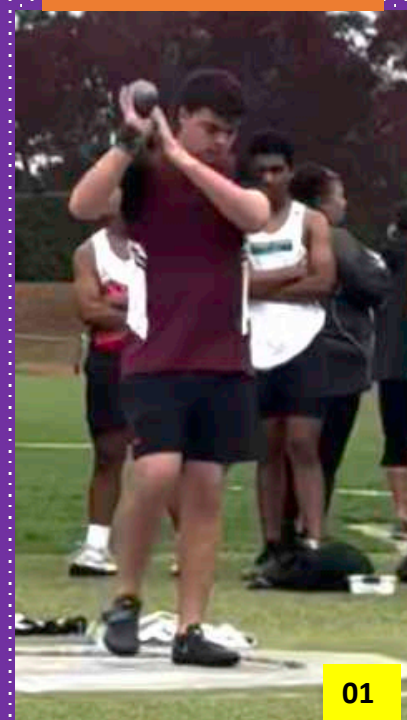
Declan FORD 14y SHOT PUT 4kg **14.94m** 06 April 2025 Hamilton

Green arrows : Points of interest

Preliminary trunk swing

Left foot pivot

Entry



01



02



03



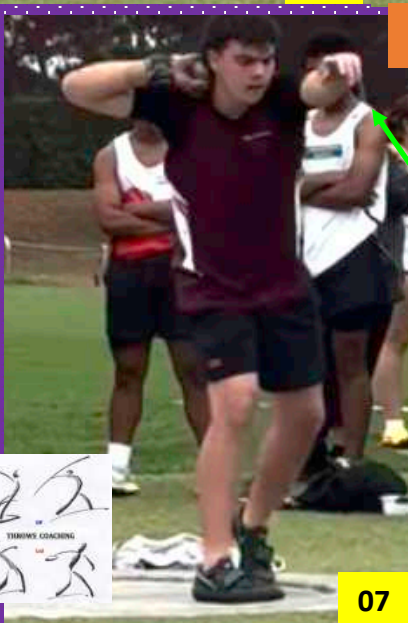
04



05



06



07



08



09



10



11

Right leg swing

12

Right knee drive

13

14

Suspension

15

Right foot landing

16

Right foot pivot

Green arrows : Points of interest



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Decla

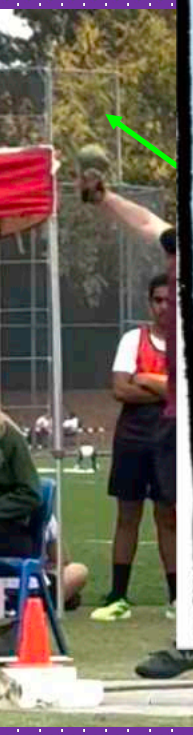
17

22

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TECHNICAL COMMENTS : 01-04 Starting position on the median line – wide feet

stance – S
torque (0
Knee wid
Pressing
and inside
and well
15-18 : Ex
on both b
Still left fo
side (21-2
25-28 : R



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