



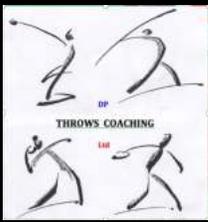
Nick PALMER (NZL)

"The third kiwi !"



Photo sequences
Technical Analysis
Video Analysis
Statistic data

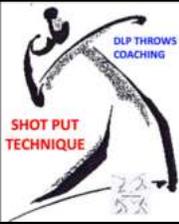




Nick PALMER (NZL)



"The third kiwi!"



With a PB of 20.32m The New Zealander shot putter **Nick PALMER** is "only" the third best thrower of the country , after Tom WALSH and Jacko GILL . Bad luck as it is more difficult for him to qualify for a major championship ! He is not physically a "monster" and has a rather good technique . At only 25 years , he has still some good chances to progress further toward the 21m which is now the new lower requirement for international level



SHOT PUT PROGRESSION

	7.26kg	6kg	5kg
2025 25y	20.32m		
2024 24y	20.07m		
2023 23y	19.42m		
2022 22y	19.04m		
2021 21y	18.71m		
2020 20y	17.77m		
2019 19y	17.65m	18.99m	
2018 18y	16.72m	18.82m	20.76m
2017 17y		18.12m	21.27m
2016 16y	12.15m	14.73m	18.28m
2015 15y			15.32m
2014 14y			12.15m



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"Classical" starting position (1) at the back of the circle with a wider than shoulder stance open toward the right -

Starting position

Trunk rotation left

Preliminary trunk swing to the left (2) then to the right with body weight shifting from left to right leg and trunk max torque T posture at 90* to the right- (3 to 5)

PRELIMINARY TRUNK SWING

Maximal trunk torque right – starting position



Photo sequence analysis of a 19.75m throw 23-08-2025

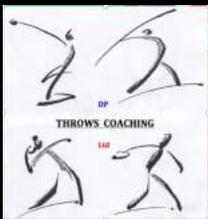
01

02

03

04

05



Nick PALMER (NZL)

Photo sequence analysis of a 19.75m throw 23-08-2025



"The third kiwi!"



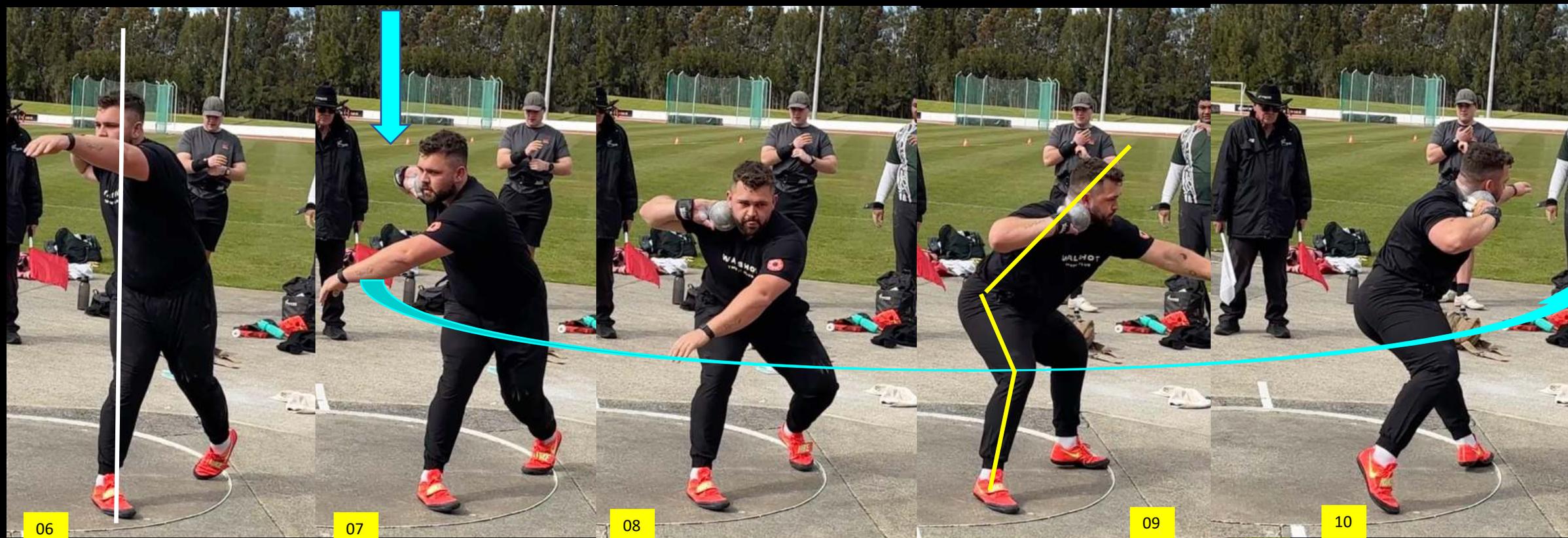
THE ENTRY

A "classical" entry , going down low on the legs (7-8) and opening wide forward with the left arm . (7 to 10)

Body weight transfer on to the left leg (7 to 10)
Pressure on the inside of the left knee (9)
Start pivoting on the left ball (8-9)
Right foot i lifting when the left arm is at 90*left (10)
Good postures , good balance .

24 frames
from max
torque to right
foot lifting

Maximal trunk torque right – starting position



06

07

08

09

10



Nick PALMER (NZL)



"The third kiwi!"



Excellen
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g (12-17)



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