

Adam LEECE (NZL) 18 years 17.69m 6kg

15-02-2026 Hamilton



SHOT PUT 2025 PROGRESSION

5kg

December 12	17.88m
October 25	17.45m
October 04	16.70m
August 23	15.13m
July 26	14.01m
June 16	12.81m

SHOT PUT 2026 PROGRESSION

6kg

February 14	17.69m
January 31	16.60m
January 17	16.18m
January 10	15.12m

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-Starting position with a wide stance slightly shifted toward the right

-Wide rotation of the upper body lead by the left arm. Legs flexion.

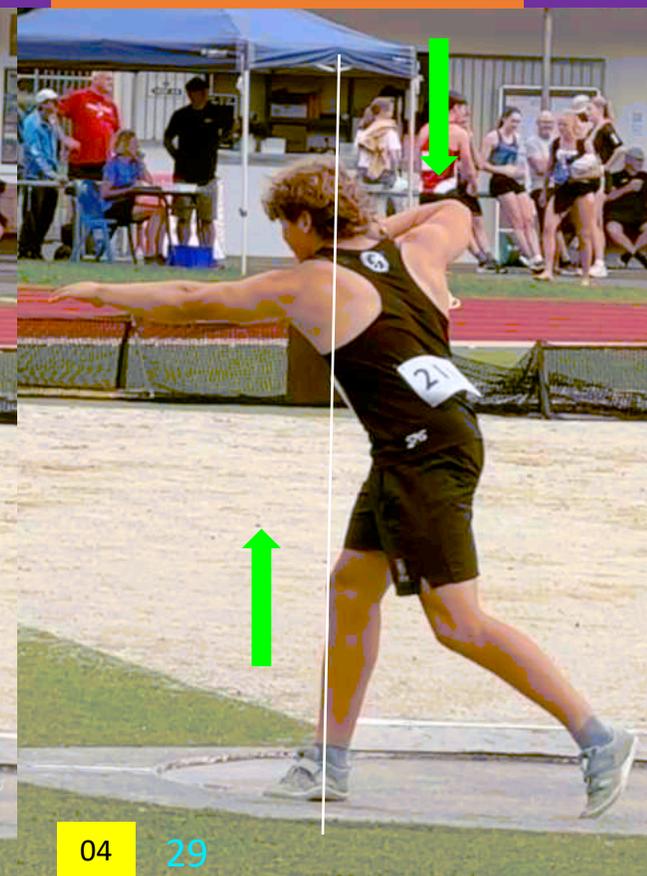
-Body weight transfer over the left leg

Maximal trunk torque at 180* rotation, facing backward and going up on the legs

STARTING POSITION

PRELIMINARY TRUNK SWING

MAXIMUM TORQUE



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-Left leg resisting the torsion – Right elbow in shoulder's alignment

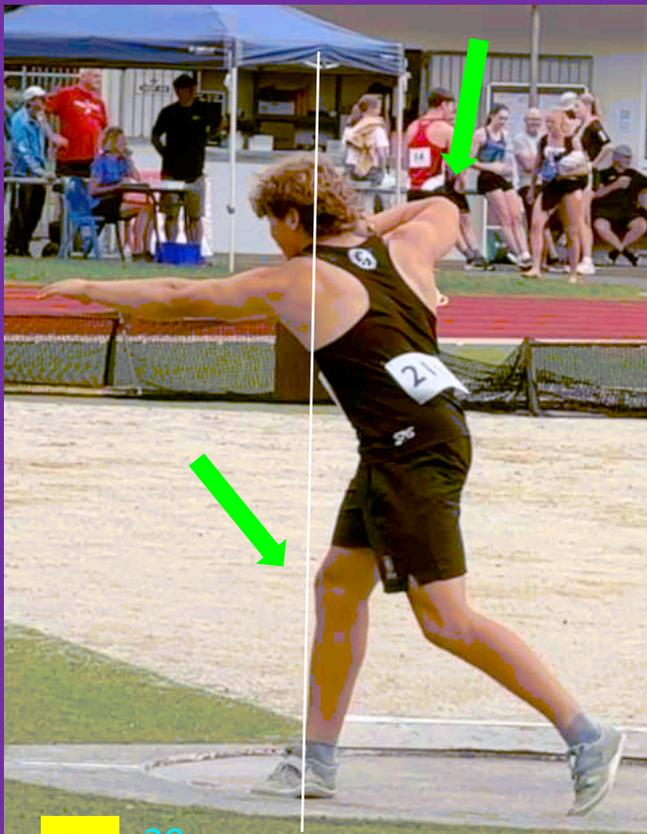
Opening like a door , left arm and left knee on the same vertical plane. Flexion on the knee – Body weight shifting on to the left leg with the left hip leading.

-Wide opening of the left arm forward and then left – Build the "legs bridge" (Right knee pointing toward the right –Left knee toward the left - Body weight pressure on the inside of the left knee

MAXIMAL TRUNK TORQUE

LEFT SIDE OPENING

RIGHT FOOT LEAVES THE GROUND



04 29

05 38

06 44

07 48

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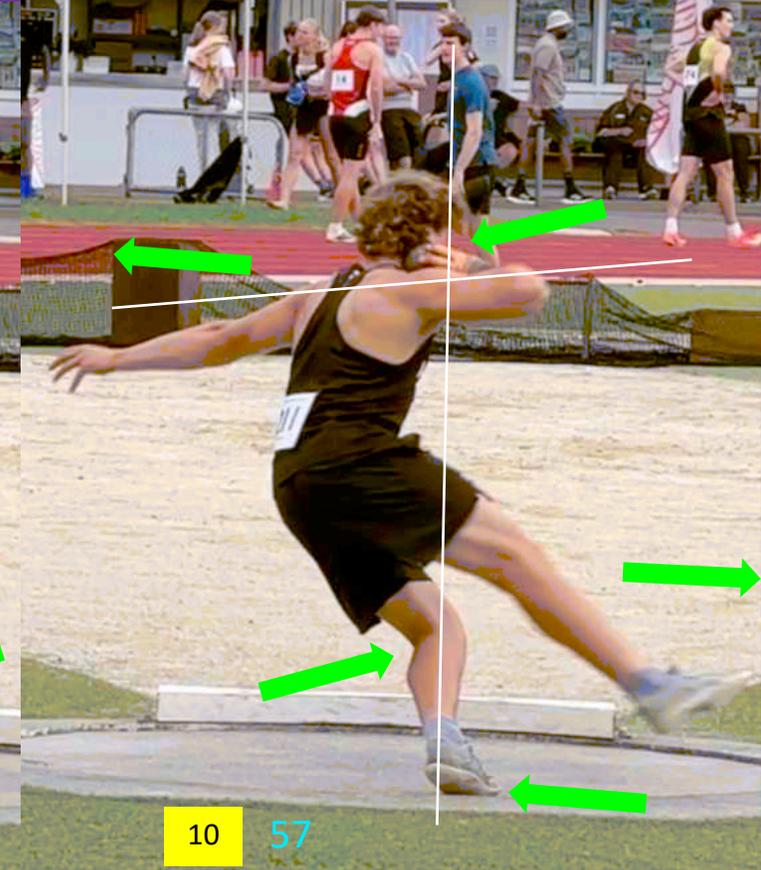
Body weight pressure on the inside of the left knee and on the ball of the left foot initiate the pivoting

-Wide opening of the left arm – Wide rounding off of the right leg, sweeping away. Increased pressure on the left leg with the left knee pointing down

-Left foot pivot ends facing the median line of the sector – Right leg swinging around - Shot is on the vertical rotational axis Foot/Head

START OF LEFT FOOT PIVOT

END OF LEFT FOOT PIVOT



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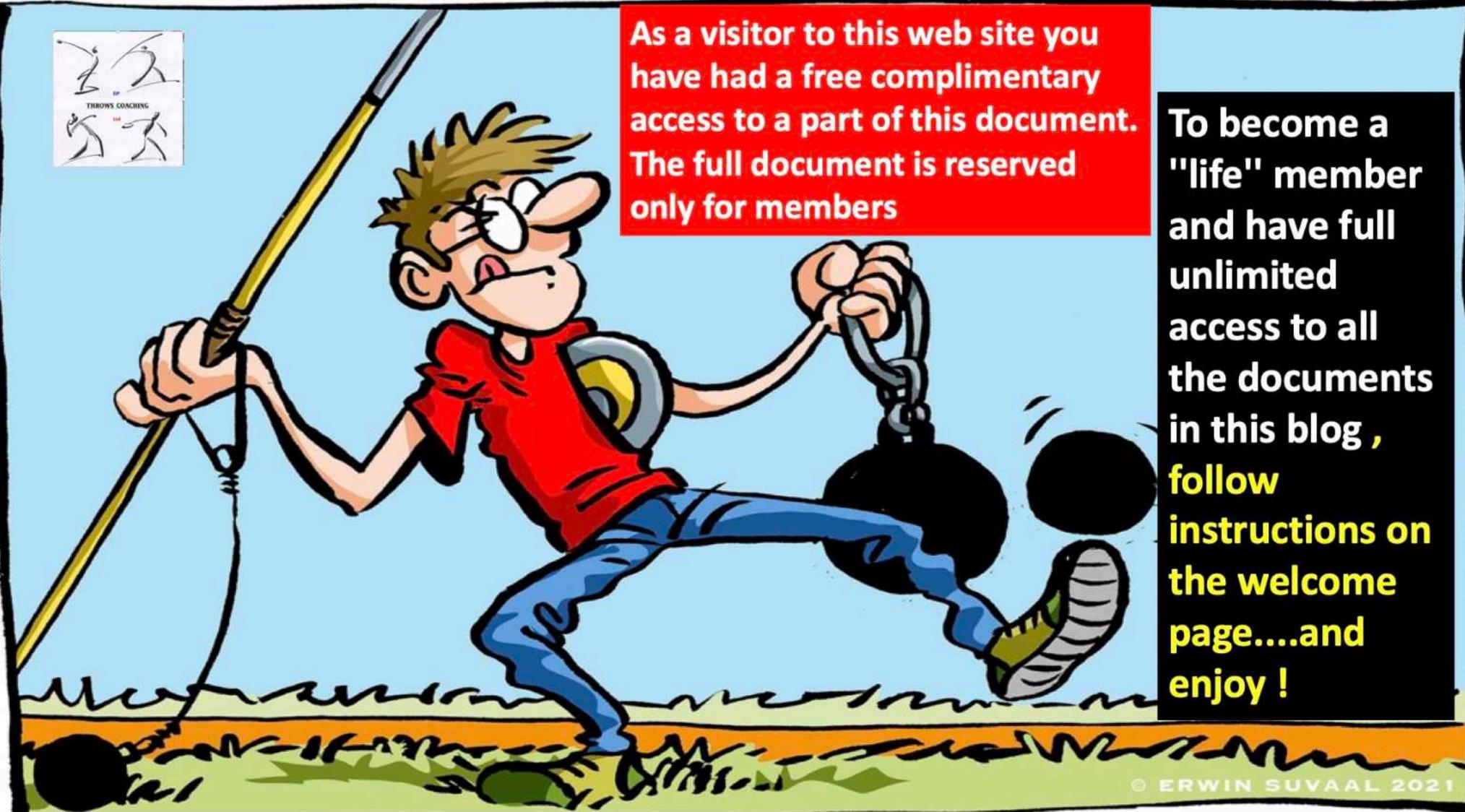


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GENERAL COMMENTS

Just turning 18 and moving into the U20 age group , Adam LEECE has had a rather spectacular and out of norms progression since he started the throwing events shot put and discus less that 7 months ago . In the shot he came from 12.81m with the 5kg middle June 2025 , to now 17.69m with the 6kg (!) middle of February 2026....and the story is not yet finished as Adam will try to qualify for the next World juniors U20 champs in Oregon and beat the 18m required standard .

This exceptionally fast progression is certainly the result of his dedication to training in all the different aspects from the "smallest" technical details , to the most demanding and appropriate specific conditioning speed oriented . At 100kg of body weight and 1.87m tall, he is certainly not a "superman" in what concerns the morphology . He certainly already tick nearly all the boxes technically but his main quality maybe that he is afraid of nothing and believe he can beat anybody. This certainly remind us from Jacko GILL , a few years ago , who **completely** surprised the shot put world in his debuts with his speed , his technique and his self confidence to produce exceptional performances which are still holding as world U18 and U20 records !!!

