

GLOBAL THROWING

Technical Theory, Shot Put

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GLOBAL THROWING

Fanny Roos

- 24 years old, Swedish and lives in Växjö
- Height 1.72m
- Weight 78-82kg
- PB Indoor 18.61m, outdoor 19.06m, discus 56.89m
- 24 years old
- ECU23 Champion 2017, 18.14m
- EC indoor 4th 2017, 18.13m, 2019 18.21m
- DL Final 7th in 2019, 18.74m, Oslo DL 3rd 18.75, Lausanne 3rd 18.41m
- ECWT Champion 18.44m
- EC Team Championships, 2nd, 18.54m
- 8th best result in the WL, Ranked by IAAF 8th
- Best 10 average throws in 2019, 18.68m, same as PB in 2018

Fanny Roos

- 3.0kg 21.50 Very good
- 3.6kg 19.68 Should be 20.25-20.50
- 4.0kg 19.01, 16.11 stand throw Good
- 4.5kg 17.00 Should be 17.50-17.75
- 5.0kg 13.10 stand throw Weak, should be 13.50

Fanny Roos

- Power Snatch 81kg
- Power Clean 117.5kg
- Split Jerk behind neck 125kg (3x120kg)
- Push Press behind neck 2x100kg
- Bench Press 120kg (3x115kg)
- Back Squats 170kg (3x160kg, 5x155kg)
- Deadlift 5x180kg
- Seated Shoulder Dumbbell Press 4x30kg (5x28.5kg)

LRLR Concept

▶ Left, Right, Left, Right: 1.....2,3...4

1. Turn left foot, left knee drop, strong left hip, shoulder (left axis), right sector
2. Sprint with right leg/hip towards left sector
3. Come off left foot just before the right lands in the middle and get it down in the power position quickly (wrap)
4. Turn and push with right leg, forward, upward

The Five Step Approach

- Standing throw None Reverse, Reverse
- Step and turn throws None Reverse, Reverse
- Static full turn throws None Reverse, Reverse
- Full throws None Reverse
- Full throws Reverse



1. Good relaxed pre swing, shifting of weight, looks comfortable
2. Find you stance
3. Find your feeling, important, nothing right or wrong

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1. Swing with legs is normal, shift of weight
2. Left arm to high and even elbow, old habit
3. Looks dynamic but relaxed, good

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1. Very good Reverse V position, perfect weight shift
2. Left arm in the way, old habit
3. Maybe, to deep to early?

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1. Early open, right leg/foot and good weight on left leg
2. Little sit and stop on left hip, upper body position
3. Looks relaxed and in control

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1. Due to the stop and sit on left hip, reaction to high left arm
2. Still very much closed, upper body back etc.
3. Needs wider right leg

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1. Good position of right foot, left knee needs to drop more
2. Left arm to high du to stop/sit on left hip
3. Somehow good feeling in what she is doing, does it her way



1. Drives the right hard across
2. Thrusts the left knee down
3. Elbow ok and left arm better

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1. Strong drive and right hip good into the middle of circle (discus like?)
 2. Comes off left well
 3. Good stretch of left arm into the wrap

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1. Strong landing in the middle of circle, great balance
2. Elbow good and left arm long
3. Decent wrap

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1. Great balance
2. Needs to get deeper down on right knee and have left arm lower
3. To late left leg

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1. Good positions on legs, (discus like?)
2. Separation and wrap could be better
3. Left arm and left shoulder good

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1. Great left side block
2. Needs to work earlier and more with right leg
3. Elbow behind shot

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1. Very good extension
2. Comes off simultaneously with legs/feet
3. Good acceleration and speed of release

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1. Good follow through
2. High standing reverse and late
3. Maximum length/speed combo

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