

JOE KOVACS 24.29m

Season 2015 in La Jolla

by Vésteinn Hafsteinsson

My friend Joe, threw this warm up throw and I filmed it and it is the farthest throw I have ever seen.

At the time Art Venegas was his coach, I consider him the best rotational shot put coach ever.

He has been one of my big mentors through the years, all respect for Art. Some people said it was 23.50m and some others measured it 24.29m.

Through the years I have always used Joe as an example to my athletes as his technique is very good, simple and easy to understand.

It was so nice to see Joe win the WC in Doha with a huge 22.91m PB.
CONGRATULATIONS to him.

FRAME 1
JOE KOVACS 24.29m



COMMENTS

1. Simple back swing
2. Mostly upper body shifting
3. Good contact with left foot
4. Shoulder square
5. Looks simple, comfortable

FRAME 2
JOE KOVACS 24.29m

COMMENTS



1. Super long left arm
2. Elbow back
3. Hits perfect high squat position
4. Very dynamic and great tension
5. Simple, comfortable

FRAME 3
JOE KOVACS 24.29m

COMMENTS



1. Perfect left side line
2. Elbow way back
3. Great right leg movement
4. Right foot open
5. Looks so simple, comfortable

FRAME 4
JOE KOVACS 24.29m

COMMENTS



1. Look at the arm line, wow
2. Look at the leg line, wow
3. Look at the backward C, wow
4. Super good left knee, hip, wow
5. Simple, looks so nice, wow

FRAME 5
JOE KOVACS 24.29m

COMMENTS



1. Super drive across circle
2. Elbow back
3. Great right hip
4. Left arm out and long
5. Looks simple, like a sprinter

FRAME 6
JOE KOVACS 24.29m

COMMENTS



1. Great arm work into wrap
2. Great right hip
3. Super tension, separation
4. Very powerful and dynamic
5. Still, super simple

FRAME 7
JOE KOVACS 24.29m

COMMENTS



1. Unbelievable wrap
2. Look at right hip
3. Great catch, separation
4. Left moving dynamically down
5. Looks simple and relaxed

FRAME 8
JOE KOVACS 24.29m

COMMENTS



1. So much tension in the body
2. Perfect position of feet
3. Left arm and shoulder super
4. Looks crazy powerful
5. Still comfortable

FRAME 9
JOE KOVACS 24.29m

COMMENTS



1. Great high left shoulder
2. Elbow behind shot
3. Great tension, torque
4. Shifts weight, glides
5. Looks very simple, powerful

FRAME 10
JOE KOVACS 24.29m

COMMENTS



1. Great extension forward
2. Great extension upward
3. Super block on left side
4. Feet come of simultaneously
5. Long, powerful, relaxed

FRAME 11
JOE KOVACS 24.29m

COMMENTS



1. Great fast reverse
2. Tall following through
3. Definitely fighting reverse
4. Big scream
5. Maybe the farthest throw ever?