

# Diskus: Die draai

**Deur Rudolph Cloete. VSAAV Vlak III, ASA Vlak III**

Alhoewel die diskus, wat uit 'n stilstaande posisie afgelewer word, 'n geldige poging in 'n kompetisie is, is dit nie 'n idiale situasie nie. Die draai in die sirkel verleen momentum aan die implement en sorg gewoonlik vir 'n beter afstand. Jong, onervare atlete, wat nog die tegniek ten volle moet bemeester, maak gebruik van die halwe draai. Dit gee ook 'n beter afstand as wat die stilstaande poging sal gee! Maar die mikpunt is om die atleet te leer om die volle draai in die sirkel te bemeester.



Die atleet gaan staan met sy rug na die landingsarea. 'n Senior seun sal die volle sirkel wil benut en daarom sal hy teenaan die agterste sirkelrand stelling inneem. Die meisieatleet sal 'n bietjie weg van die sirkelrand staan soos in hierdie foto gesien kan word – in albei gevalle wil die atlete, nadat die draai voltooi is, so naby as moontlik aan die voorste sirkelrand eindig. Bene lekker uitmekaar vir balans en die liggaam ontspanne. As die diskus geswaai word, wissel die liggaamsgewig van die regtervoet na die linkervoet. Die diskus is 90 grade agter die skouerlyn.



Sodra die draai-aksie begin, word die bene gebuig en die liggaamsgewig na die linkerbeen verplaas. Die liggaam val na links. Die linkervoet maak oop sodat die liggaam om daardie been kan roteer. Die diskus bly nog steeds agter, arm gestrek. Die regterbeen moet so lank moontlik op die grond bly.



Sodra die liggaam ver na links gedraai het, verlaat die regterbeen die grond en swaai dit wyd en aktief om die linkerbeen. Die linkerbeen dryf nou die atleet se liggaam oor die sirkel. Die atleet se lyf lê nog steeds na links en voorentoe. Die regterarm, met implement, is nog steeds na agter gestrek.



Die linkerbeen het nou die liggaam oor die sirkel gedryf sodat die regtervoet oor die helfte van die sirkel land. Baie boeke praat van “a run across” – hardloop oor die sirkel! Nou maak die atleet gereed om om die regterbeen te draai en die linkerbeen so naby as moontlik aan die voorste sirkelrand te plaas.



Nadat die linkerbeen om die regterbeen geroteer het, word dit ver uitgestrek om so na as moontlik aan die voorste sirkelrand te kom. Die strekbeweging maak dat die atleet se lyf nou na agter lê, reg om oor die linkerbeen te beweeg in die afleweringsfase in!



Die liggaam roteer om sy as en beweeg na die linkerbeen toe. Die regterbeen dryf die atleet se heupe na vore. Die regterarm, met implement, kom nou kragtig deur en swaai met 'n reguit arm saam met die roterende krag voorentoe. Die arm kom van laer as die skouer deur. Let op na die oopmaak van die bolyf in die foto. Die linkerarm word kragtig na agter en af met 'n kort-armaksie gedryf – ook dit help die regterarm om kragtig deur te kom. Die atleet swaai nou die diskus van onder die skouerlyn en beweeg dit na 'n hoë punt, waar die implement gelos word.

NB: Die foto's wys hoe die tegniek stap vir stap gedoen moet word – maar in werklikheid

is die beweging aaneenlopend en werk van stadig tot baie vining waar die diskus gelos word.

**Demonstrand:** Mieke van Vuuren

**Bronne:**

Ecker, Tom and Wilt, Fred. Illustrated guide to Olympic track and field techniques. Faber and Faber, 24 Russell Square, Londen.

SA Suiker Nasionale Atletiekafrigterssimposium, 1987, No. 6

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# Spiesgooi: Die aanloop

**Die aanloop van die spiesgooi-atleet.**

*deur Ané van Rooyen, VSAAV VlakIII*

Belangrike punte om te onthou:

## **Die aanloop**

- Die aanloop moet ritmies en ontspanne wees.
- 'n Goeie hardloopaksie is deurgaans noodsaaklik (skouer, heupe en voete na vore).
- Die aanloop moet in spoed opbou van stadig na vinning.
- Die aanloop moet teen maksimum beheerbare spoed uitgevoer word.
- Die greep moet ontspanne wees.

## Die begin van die aanloop:

Daar is 3 maniere hoe die atleet sy aanloop kan begin, nl. Staan met voete langs mekaar.

1. Staan met voete langsmekaar
2. Staan met regtervoet voor (indien linkshandig, staan jy met linkervoet voor)
3. Die atleet kan ook inloop na die beginmerk toe, die atleet moet hier net verseker dat hulle met die regte voet hulle aanloop gaan begin.

## Lengte van die aanloop:

Die lengte van die aanloop sal verskil van atleet tot atleet. Die beginneratleet se aanloop kan uit 4 hardlooppasse bestaan en uit 5 oorskakelingspasse, waar die meer gevorderde atleet/ senioratleet se aanloop uit 8 hardlooppasse en 5

oorskakelingspasse kan bestaan.

Hier onder is voorbeelde van die aanloop en verskillende kombinasies:

- 8 Hardlooppasse + 5 oorskakelingspasse  
= 13 passe (Begin met  
regtervoet voor)
- 8 Hardlooppasse + 6 oorskakelingspasse  
= 14 passe (Begin met  
linkervoet voor)
- 8 Hardlooppasse + 7 oorskakelingspasse  
= 15 passé (Begin met  
regtervoet voor)

Die atleet moet n aanloop kry wat vir hom/haar gemaklik is, en dat die aksie op 'n gemaklike en vloeiende wyse uitgevoer word. Die atleet se aanloop gaan die hele seisoen dieselfde bly. Die hardlooppafstand kan dalk langer word aangesien die atleet se spoedvaardighede gaan verbeter. Die aanloopafstand hang ook af van die soort oppervlak waarop die atleet deelneem.

**Daar is 5 verschillende fases in die aanloop van spiesgooi:**

## Die dra van die spies

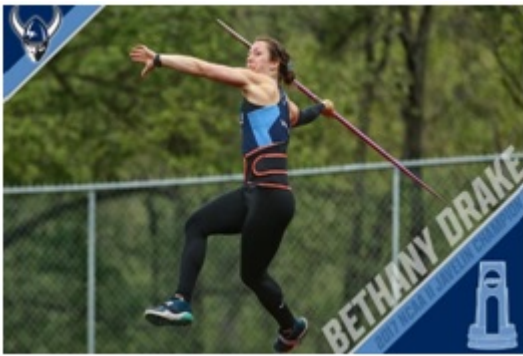


1. Die gooiarm moet ontspanne wees tydens die aanloop. Die gooiarm word bokant die kop gehou met die arm wat  $90^\circ$  sywaarts wys. Die spies word dan kophoogte gedra met die punt wat oor die linkeroog geplaas word met die punt wat afwaarts wys. Die spies word of met n afwaartse punt of



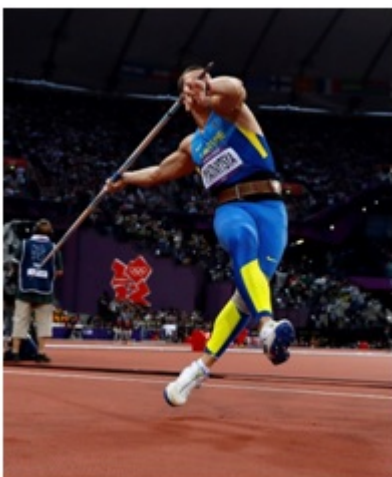
parallel bo die kop gedra. Die aanloop word gebruik om liggaamsmomentum en spiermomentum op te bou ( $\text{massa} \times \text{snelheid} = \text{momentum}$ ). Spiesgooiers moet poog om hul aanloop in 4 in te deel. Dit help die gooier om 'n ritmiese aanloop te verkry.

### **Die terugtrek van die spies**



1. Die terugtrek van die spies vind na die hardlooppasse plaas. Wanneer die atleet se regtervoet by die kontrolemerk kom, word die spies oor 2 passe teruggetrek. Die terugtrek van die spies is 'n vloeiende aksie (die atleet beweeg onder die spies uit). Met die terugtrek moet die arm atleties gestrek wees en die handpalm na bo en ingedraai wees. Die spies moet in die terugtrekposisie tussen die oog en kophoogte gedra word. Die atleet moet in die terugtrekpasse versnel om meer momentum agter die spies te verkry.

### **Die impulspas**



1. Die voorlaaste pas (impulspas) is n vinnige beweging. Daar word altyd gesê dat die atleet die linkerbeen (indien atleet regs is) die grond na hom toe moet aantrek om oor die been te gaan na die aflewering van die spies. Met die impulspas land die gooier op die bal en buitenste rand van die regtervoet. Die regterbeen is gebuig, omdat dit die liggaamsgewig moet ontvang. Die linkerskouer is "toe" gedraai en die heupe is sywaarts gedraai om sodoende n groter bewegingsomvang tydens die gooi te bewerkstellig. Die atleet moet hom/haarself nie op hierdie oomblik blok/stop nie.

### **Die aflewering van die spies**

<https://www.gettyimages.com/detail/news-photo/canadas-elizabet-h-gleadle-competes-in-the-womens-javelin-news-photo/529094494>

1. Die aflewering van die spies. Die gooiarm moet blitsvinnig in beweging kom. Die snelheid van aflewering is belangrik (vinnige arm). Die linkerarm word in die sy afgewerk en blok die gooier om nie te roteer wanneer hulle gooi nie. Die spies moet teen n afleweringshoek van tussen  $25^{\circ}$  en  $45^{\circ}$  afgelewer word. Die afleweringshoek gaan ook afhang van die weersomstandighede van voor. Die atleet moet altyd poog om deur die punt van die spies te gooi.

### **Die herstelfase**



Die doel van die herstelfase is om die atleet se voorwaartse momentum van die liggaam te stuit, en om sodoende te keer dat



die atleet nie oor die boog trap nie. Nadat die spies afgelewer is, land die atleet op n gebuigde regterbeen met die bolyf wat vorentoe leun.

**Bron:**

- Spiesgooi deur Terseus Liebenberg
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# Glide Shot Put: Technical Checklist

## Glide Shot Put: Technical Checklist

### Phase 1:            **Grip and Load**

- Shot placed on base of the fingers
- Wrist flexed to 90°
- Thumb rests on collarbone

### Phase 2:            **Assuming the stance**

- Right foot at ring's rear edge
- Back parallel to the ground
- All bodyweight rests on the bent right leg
- Left arm long, low and loose

### Phase 3:            **Initiating the glide**

- Sequential movement of the glide ...
  - 1. Knees come together
  - 2. Hips unseat and fall back slightly
  - 3. Push up off of the right leg/heel
- Above measurements are sequential and distinct
- Upper body remains passive and closed

#### **Phase 4: Flight**

- Right foot comes under chest
- Right toe turned sideways prior to landing
- Upper body remains passive and closed

#### **Phase 5: Landing and landing position**

- All bodyweight on right foot
- Right leg bent, but pelvis is neutral
- Left leg reaches to toeboard, bears no bodyweight
- Feet land almost simultaneously
- feet in heel ball relationship
- Shoulders at 180°
- Hips at 90°
- Pelvis remains neutral at landing
- Upper body remains passive and closed

#### **Phase 6: Early delivery**

- Hips turn completely to throwing direction
- Bodyweight transfers completely to left foot
- Legs push up and hips rise
- The above occur simultaneously and at the same rate
- Upper body remains passive and closed.

#### **Phase 7: Late delivery**

- Left arm sweeps wide in plane of the Shot's path
- Chest begins to turn
- Left wrist blocks at left side
- Chest turns completes turn
- Shot moves out in front of right shoulder

#### **Phase 8: The strike**

- Pushing movement
- Elbow elevated
- Thumb down
- Wrist extends at release

## Phase 9:           The finish

- Right arm follows through across the chest
- Sequential movement of the reverse...
  - 1. Right foot kicks toeboard
  - 2. Left foot moves back and up, chest turns to the left
- Above movements are sequential and distinct

**Source:**    <http://completetrackandfield.com>

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# Hammer Throw: From the past to the future and BEYOND!

Essay by Wendy Janse van Vuuren, VSAAV Level III

*I am going to concentrate on two hammer throwers, Yuri Sedykh and Chris Harmse.*





**Youri**

**Sedykh**

**Chris Harmse**\_\_\_\_\_

*Youri Sedykh is a Russian Hammer Thrower who achieved the world record of 86.74 meters in 1986. His record has held for 30 years to date.*



*Youri Sedykh done 3 turns in his throwing and starts with his hammer on his right side behind him. Youri pushes the hammer out to his left and uses his power turn on his second turn. Youri also tell about how you must only start at your 0 degree which he is very good at doing. Youri has very good balance and is very stable in his technique. His heel and toe work very well together all the time. Youri also says he never would think of the finish, you just think about the turn. Youri broke most of his records on his first throw. Which I think tells you how stable he was in his technique. Youri has a saying on describing hammer throw he says, "For hammer you*

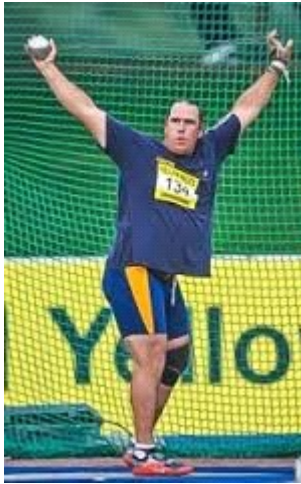
*need rhythm, very much like waltz. Your partner hammer not human being."*



*Chris Harmse is our very own South African legend. Chris has broken the African record seven times and holds the record for both the African Championships and All African Games. Chris personal best is 80.63 meters which he threw in 2005, he held it for nine years it was broken in 2014.*

<https://www.gettyimages.com/detail/news-photo/south-africas-chris-harmse-competes-during-the-mens-hammer-news-photo/107852884>

*Chris Harmse does 4 turns in his throwing, starting on his toe in the first turn, and starts by lifting his hammer over his head. Chris has a very fast start which also makes him have a lot of speed in the circle. Chris has what he calls an active shoulder (drops the shoulder into the turn). This in turn causes you to pull / drag the hammer. His head is also not always in line with the hammer. Chris threw his personal best of 80.63 meters on his second throw. He varied a lot with all his good throws so I might say Chris is not as stable in his technique.*



*Hammer Throw is quite a technical item and coaches need to remember that every athlete will develop their own technique in the basics. It's a lot like every one's handwriting the same letters but different style of writing.*

*Hammer Throw takes years and years to learn and become stable in your technique, with a lot of dedication. So if I can point out one difference in Youri Sedykh and Chris Harmse. Youri started hammer throw when he was still a little boy and Chris started a lot later in his 20's.*

*My goal as a hammer throw coach is to start with younger hammer throwers at a younger age so they can develop their technique and be more stable when they get to competing age. I would like to start with children at the ages of between 10 and 12 year old, because of starting that young, I will explain to them about understand that they are not at a competing age as yet and will work a lot on technique and will put in mock competitions. I will start training with them with*



a broom stick, and then once they started grasping the technique of turning I will move them to a plastic hammer. When the athlete is ready then the athlete can move over to a light hammer. Each athlete will differ and progress differently. Take note that their backs are still developing at this age so no gymming. They will do running and lots of co-ordination work, i.e.: jumps, steps, kicking balls between beacons. Work out a lot of different exercises to keep them interested with games. To teach them to learn how to cope with stress, I will do mock competitions as they are still too young to compete. I will also do visualization to teach them how to relax. The most important thing is to do a lot of co-ordination work as that is the biggest problem in our children of today.

## **References**

*DVD Yuri Sedykh Hammer Throwing 13 Simple Answers to 13 Hard Problems*

*Telecom Chris Harmse*

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## **Javelin for beginners**

In some areas of the U.S., or of the world, a new thrower may be introduced to the javelin at a young age. In other places, throwers may not have a chance to toss the spear until they're young adults. In the U.S., for example, most states don't even include a javelin throwing event in their state championship meets. As with most throwing events, the younger you're introduced to the javelin, the lighter the implement that you'll toss. Both boys and girls may begin with a 300-gram javelin, then work their way up to 600 grams, which is the

international standard for women's competitions. Older boys will advance to the 800-gram male standard.

The first thing some throwers must learn is that the javelin is thrown with the entire body. The overhand delivery may remind many athletes of baseball or football throwing, but those techniques won't work when you're throwing the javelin. Indeed, some coaches feel that strong-armed baseball and football throwers don't make good javelin competitors, because the motions are so different.

As with other track and field throwing events, javelin throwers must combine speed with positioning, accelerating down the runway at high speed, then placing their bodies in just the right position to make the strongest possible throw.

### **Safety:**

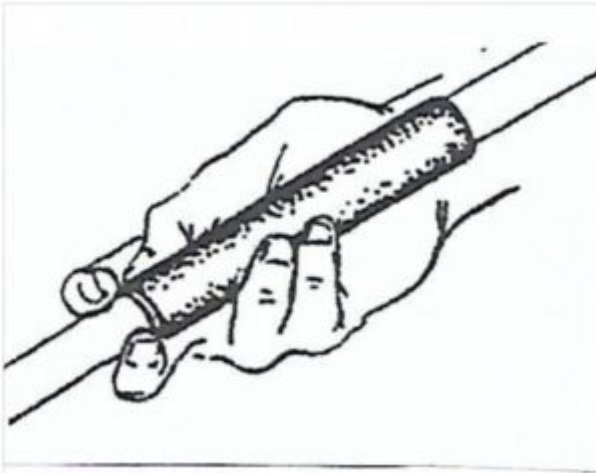
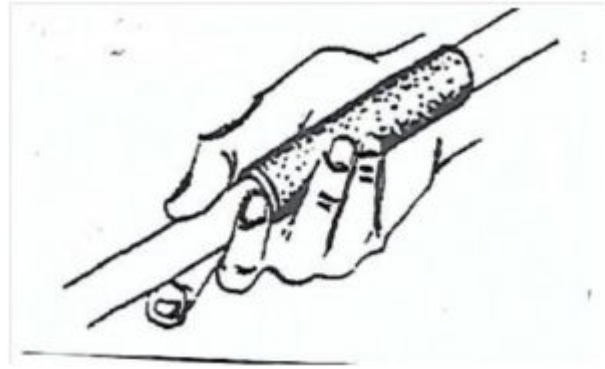
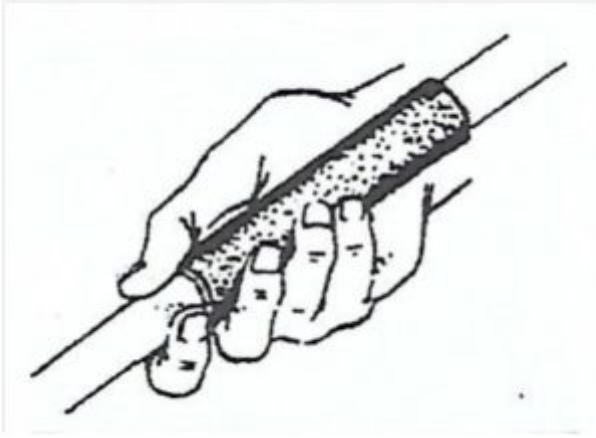
The javelin competition evolved from spear hunting several thousand years ago. Today's javelin isn't designed to kill anything, but its sharp point is obviously still dangerous. For that reason, younger athletes will often begin with rubber-tipped javelins to avoid injuries and calm nervous parents. Whether the javelins are rubber- or metal-tipped, coaches and meet officials must be vigilant to keep everyone far from the landing area when younger competitors are throwing, because their aim is more likely to be off.



The throwers' health is another safety concern. Javelin throwing is very taxing on the body, so young athletes should learn proper warm-up and stretching routines. Additionally, growing athletes will likely perform many drills that deal with separate aspects of the throw, in part to limit the number of full throws they perform.

### **Grip:**

There are three different javelin-throwing grips, with no consensus about which is best, or about which grip is easier for novice throwers. A coach may teach the grip he thinks is best, such as the American style, in which the thrower grips the javelin's cord between the thumb and index finger; the Finnish style, in which the cord is gripped between the thumb and middle fingers; or the Fork style, in which the thrower grasps the cord between the index and middle fingers. The best approach may be to teach all three styles, then let each thrower determine which method feels most comfortable.



### **Run-Up:**

Unlike some other throwing events, new javelin competitors may not begin by throwing the javelin. Instead, they'll probably start with the run-up. Somewhat like the pole vault, javelin throwers must accelerate down the runway while carrying their implements. New throwers will learn how to hold the javelin high, palm-up, while accelerating gradually during the straight-ahead running phase.



Some coaches may even have new throwers walk through the

approach first, then jog, before they begin running with the spear. It's also possible that new throwers will learn the run-up technique without holding a javelin.

Once the young throwers become comfortable with the straight-ahead running phase, they must learn how to transition from standard running to the crossover steps that place their bodies in the proper position for the throw. Again, transition and crossover running drills may be performed at slower speeds, with or without a javelin.



One thing the new thrower won't learn is the rotational technique, which was banned several decades ago.

### **Throwing Motion:**

The athlete's first throwing drills may not include a javelin. Instead, competitors may throw a ball that's several times heavier than a javelin. The first javelin attempts may be standing throws, although some coaches feel that new throwers should always perform drills that include some forward motion plus a follow-through. The javelin thrower will then typically advance to either 3- or 5-step throws. Other drills may focus on throwing after performing the crossover steps, on properly securing the plant foot and on leaning back just before the release.



Source: [trackandfield.about.com](http://trackandfield.about.com)

Prepared by Rudolph Cloete

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# Ses basiese beginsels noodsaaklik vir die Gooie

## SES BASIESE BIOMEGANIESE BEGINSELS NOODSAAKLIK VIR GOOIE

Deur Wium Mostert.

### **BEGINSELS**

1. Alle dele van die liggaam wat gebruik kan word, is betrokke in 'n gooi.

1.1 Effektiewe tegniek is wanneer die atleet **krag** kan inspan van die **hele** liggaam oor die **grootste** moontlike **omvang of afstand**.

M.a.w. krag toegepas deur die hele liggaam oor die langste moontlike tyd. Dit wil sê kragtoepassing oor die langste moontlike tyd waar alle liggaamsdele 'n aandeel het.

D.w.s.  $\text{Werk} = \text{Krag} \times \text{Afstand}$

1.2 Alle ander faktore in ag geneem as gelykstaande, kan ons aanneem dat hoe groter die liggaams**krag**, hoe groter sal die **spoed** wees en derhalwe hoe verder sal die gooi wees.

Newton se 2de Wet:  $\text{Krag} = \text{Massa} \times \text{Versnelling}$

## **2. Die gooi-aksie begin vanaf die middel buite toe van groot – stadig – sterk spiere na kleiner – vinniger – swakker spiere.**

2.1 In elke gooi-beweging moet elke hefboom in die liggaam op sy beurt die vermoë hê om vinniger in die gegewe rigting van die implement te beweeg. Hoe vinniger die hefboom, hoe groter die krag.

2.2 Elke gooi is 'n som van kragte vanaf die stadiger, sterker spiere na die vinniger, relatief swakker spiere en gewrigte. Dit is noodsaaklik dat daar geen onnodige vertraging in die toepassing toegelaat kan word nie. Alle kragte moet so gelyk moontlik toegepas kan word.

## **3. Krag toegepas word in die rigting van voorgenome beweging.**

3.1 In die praktyk in gooi-items is daar egter voorafgaande beweging waarin daar meer dryf as lig (oplig) verkry word, terwyl in die aflewering meer ligaksie as horisontale dryf benodig word.

Dit is dus noodsaaklik dat die implement op 'n toepaslike hoek, maar so vinnig moontlik, afgelewer word:

Diskus: 36 – 39°

Gewig: 41°

Spies: 27 – 34°

Hamer: 42 – 44°

## **4. Krag word toegepas oor die grootste afstand van**



**beweging. Die atleet span die krag van sy hele liggaam in oor die grootste moontlike afstand.**

Die kragposisie behels dan die volgende hoofpunte:

- 4.1 Vat die implement/gooi-arm deur die voetplasing so na aanmekaar as moontlik te maak.
- 4.2 Die wydte van die basis moet groot genoeg wees om 'n volle frontale gooi te verseker – heupe en skouers na vore.
- 4.3 Gedurende die kragposisie en deur die afleweringsposisie, bly die romp basies regop.
- 4.4 Die blokaksie veroorsaak die dramatiese vertraging in spoed van die een kant van die liggaam om die versnelling van die ander kant te bewerkstellig – bv. die linkerkant word geblok en die regterkant (met implement) versnel.

**5. Die liggaamsmassa word verplaas van die regterbeen na die voorbeen.**

- 5.1 Hierdie hoofbeginsel hou direk verband met beginsel 2 – die volgorde van die gooi-aksie – groot na klein spiere.
- 5.2 Nog 'n belangrike oorweging is **wringing**. As die gewig op die agterbeen is, is die skouer semi- gesluit en die heupe is oop. Hierdie posisie veroorsaak 'n wringing as die gewig op die agterbeen is.
- 5.3 Soos die liggaamsgewig na die voorbeen verplaas word, volg die bolyf die meer kragtige laer deel van die liggaam. Dit is terselfdetyd 'n gewigsverplasing/ontwriging. Die Diskusgooi is die beste voorbeeld van hierdie beginsel.
- 5.4 Soos die liggaamsgewig verplaas word na die voorbeen, blok die voorbeen – vertraag die linkerkant en die regterkant van die liggaam (wat die implement vashou) versnel. Sien 4.4.

## 6. Die swaartepunt moet reg bokant die basis bly gedurende die kragtoepassing.

6.1 Die korrekte kragposisie bereik dit deur die atleet in die posisie te plaas waar krag effektief toegepas kan word. As die gewigstoter die linkerbeen te ver uit lyn plaas, is sy swaartepunt nie meer in 'n geskikte posisie nie. As die voorbeen te stadig is om in posisie te kom, sal die swaartepunt van die basis wegbeweeg.

6.2 Om 'n wyer radius van rotasie te verkry, sal die geskikte posisie van die swaartepunt die duskusgooier toelaat om sy gooi-arm verder uit te strek ...en altwee arms in die hamergooi.

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# Hammer Throw: 13 answers to 13 problems

## 13 Simple answers to 13 Hard problems in the Hammer Throw

**Freely translated from Yuri Sedych's video by Basie Koen**

1. On entry, the low point must be **EXACTLY** on the middle ( $0^\circ$ ) line. Low point in front, high point at the back ( $180^\circ$ )
2. Accelerate the hammer on the last swing. Move the ball/hammer head with your arms around you.
3. **ACCELERATE** the hammer from the right/left side through the low ( $0^\circ$ ) point, actively '**PUSHING**' the hammer across

the low ( $0^\circ$ ) point, around you, in the throwing direction.

4. Start the movement of the footwork when the hammer goes through the low ( $0^\circ$ ) point. Do not go before or after the  $0^\circ$ -line. Depart when the hammer reaches exactly the  $0^\circ$ -line. [Wait for the hammer reaches the  $0^\circ$ -mark]
5. The turning feet must work **TOGETHER** with the hammer. When the hammer goes through the  $0^\circ$ -line the feet start turning.
6. Keep both feet on the ground! Keep turning from the  $0^\circ$ -line to approximately the  $110^\circ$ -mark, pass the  $90^\circ$ !
7. On completion of the first turn, coming back to the  $0^\circ$ -position, the feet and hips should '**CLOSE**', thereby establishing/starting the double support phase. Closing the driving foot inwards. Do not end this movement too soon. Work back to the same position at the start.
8. During the single support phase (i.e. the second half of the turn) the action is a short, fast one. Spinning on the outside of the ball of the foot.
9. Always keep the shoulders perpendicular to the hammer with equal pull/puch from both shoulders. [Triangle formed by the shoulders and the hands] . **NEVER PULL WITH THE LEADING SHOULDER**. Shoulders on the same line as the hammer. [Hammer, hands, head in line].
10. Both shoulders should stay "down" and relaxed. **NEVER PULL THE SHOULDERS UP**.
11. Touch down with the driving foot will start the double support phase; the hammer should be up towards the high point at  $180^\circ$ . Accelerate hard on the right/left side through the pow ( $0^\circ$ ) point. [Accelerate on touch down with the right foot behind the right shoulder] Touch down while the hammer is still back near the  $180^\circ$ .
12. With regard to the **RHYTHM** each turn must become quicker, accelerating (driving) harder and harder each time from the right/left side through the low ( $0^\circ$ ) point. Pushing the hammer hard with the arms.
13. The **DELIVERY** of the hammer must be a natural

continuation of the turning. Do not work towards a “finish” (delivery). Throw as if there will follow another turn. Do not think “delivery”; think about how you turn...not how you finish!

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## Shotput tips & tricks on technique

### Shot Put tips & tricks on technique

*Deur: Alicia Bruwer, VSAAV Vlak III*

#### **Holding the shot**

- The shot is held at the base of the fingers, not the palm
- The fingers are slightly spread apart with the thumb for support
- The hand will be bent back in the cocked position when holding the shot

#### **Neck placement**

- Raise the shot above your head
- Lower the shot straight down until it is under your jaw
- Push the shot into your neck
- Lift your elbow parallel to the ground
- Check to see that your thumb is pointing down towards your clavicle
- The palm should be pointing towards the throwing direction

## **Delivery of the shot**

- Eyes to the sky...
- Punch the shot away from the neck
- Keep the elbow high at all times.
- Finish the punch with a flip of the wrist
- The left side of the body will be stopped and locked to help form the block
- The left arm will be tucked close to the side of the body

## **The Power position**

- Body position in the power position
- The thrower will stand perpendicular to the throwing direction
- The feet position will be shoulder width apart or a little wider with left foot slightly behind the right foot (toe heel relationship)
- The right foot will be vertical to the throwing direction
- The thrower needs to be in an athletic position
- The thrower will shift 80% percent of his/her weight onto the right leg
- The thrower will twist his/her upper body completely opposite the throwing direction. This position from up above will look like an X
- The chin, knee and toe should be in line with each other
- The thrower places the shot into his/her neck
- The left arm will be extended and out from the body with a right angle relationship to the right elbow

## **Throwing from the power position**

- Sequence of the throw will be legs – hips – back – arm
- Push the weight from right leg to the left leg in an upwards direction
- When driving up with your legs your right heel (hips)

needs to be turned out

- There will be a stretch reflex reaction between your upper body and lower body
- The upper body will start coming around
- As your upper body comes around sweep the left arm around and then bring it tight to your body
- Stop the left side of your body to aid in accelerating the shot
- Deliver the shot

## **The Glide**

### Body position in the glide

- Stand at the back of the ring facing away from the throwing direction
- Place shot against your neck
- Put your body in an athletic position facing away from the sector
- Extend your left arm out – relaxed
- Extend the left leg back towards the toe board
- Most of the body weight should be on the right leg

### Gliding into the power position

- Tap your left leg for balance
- Draw up the left knee even with the right knee
- Do not allow your left leg to curl behind the right leg
- Violently extend your left leg towards the toe board, do not lift up with your back
- Push and then pull your right leg underneath you, it will look like the last part of your body leaving the circle is your right heel

# **Bibliography**

Silvester, J. (2009). *Complete Book of Throws*. New York: MF Sport Publishers.

