



Technique improvement and stabilisation for elite athletes

Francesco Angius tutor FIDAL discus throw

IFAC 2017 - Formia 27 - 29 october

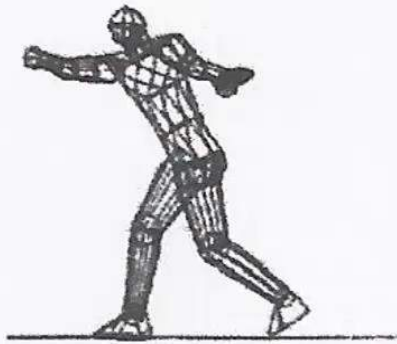
The last technique stage elite athletes should reach is: competition motion's technique improvement and stabilisation. Reaching this stage represents the peak of a long-term technical training which interests physical, nervous and psychological aspects, in order to create functional and complex motion. Technique research and continuous remodelling of competition motion regarding morphofunctional changes, which an athlete experiences throughout his career, is a multifactorial and complex process.

The achievement of a functional technique is founded on the organisation of a specific motion regime which enables the athlete to carry out effective and proper biomechanical movements. The aim of a thrower's specific motility is to reach the maximum delivery speed (taking into account less important performance factors like the angle of release and delivery height)The necessary implements are to be found in the execution of both complete competition motion and parts of it. Nothing is more specific and training, although it may not be enough.

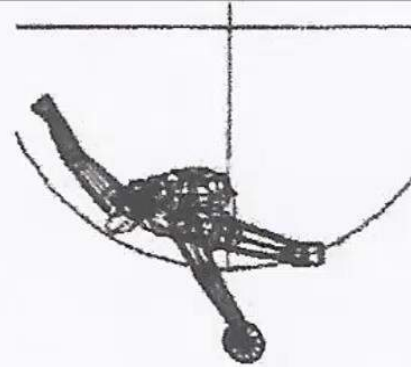
The necessity of focusing on some particular aspects or analytic parts of the competition motion, even in top level athletes and avoiding an excessive motion standardisation which eventually would result in a slackness of performance, has lead to create a series of useful additional exercises that can help us to reach the aim. These are simplified or more difficult exercises or partial components of the complete motion.

All of these exercises, along with their variants, focus the attention of our C.N.S. (Central Nervous System) on some cinematic or dynamic aspects in order to enhance them and have, as a result, a positive transfer on the competition motion. The correct combination of these exercises with the complete throw can create an effective union in order to improve the technique of elite athletes.

The discus throw



8.68



8.68

A faint, light blue illustration of a person in a starting position, possibly a swimmer or a person in a crouched start, is visible in the background. The person is positioned in the upper right and lower right areas of the frame, with their body angled towards the left. The lines are thin and stylized, capturing the essence of the starting posture.

Starting position

Shift centre of gravity of the body on left foot



Rotation of 90° with pause



Rotation of 180° with pause



Rotation of 360° and back to the starting position



Rotation of 270° and reach the centre of the Ring



Rotation of 360° , back to the starting position and reach the final position



Rotation of 360° and turn around the cone with right foot



Rotation of 270° and turn around the cone with right foot



Starting position, reach centre of Ring
and rotation on right foot with left foot
lifted



Throw with difficult starting



Throw with more difficult starting



Transition



Right foot on the centre of the Ring,
left foot 90°, rotation and reach final
position



Right foot on the centre of the Ring, left foot 180°, pause, 90° rotation and reach final position



Right foot on the centre of the Ring, left foot 180°, rotation and throw



4 rotations of 90° with pause



Left foot on the extreme side of the ring, right foot lifted, push with left foot and reach the final position





The final phase

Feet positioned lateral to the area,
one step back with right foot and
throw



Feet positioned lateral on the centre
of the Ring, one step further with
right foot and throw



From the final position, wind up and
throw



Feet on the final position, trunk
erected, 2 plyometric squats and final
phase





Various
combinations

Frontal lateral and throw



2 frontals and throw



1 complete + 1 frontal and throw

Rotation of 360° + 1 complete and throw



2 rotations of 360° + 1 complete and
throw



Thank you!!

