



# GLOBAL THROWING

Coaching & management **Vesteinn Hafsteinsson**



# ANALYSIS OF GERD KANTER 71.64 M THROW

Here is a simple analysis of one of Gerd Kanter's best competition throws. Competition was held in Kohila, Estonia on 25th June 2009. Gerd Kanter achieved **71.64 m** on the 4th round. His series were - foul, 69.93, foul, 71.64, 68.03 and 70.92.

Gerd Kanter is an **Estonian** discus thrower. He was the **2007 World Champion** in the event and won the gold medal at the **2008 Summer Olympics**, and bronze in London 2012. His personal best throw of **73.38 m** is the Estonian record and the third best mark of all-time.

He made his first Olympic appearance in 2004 and established himself a year later by taking the silver medal at the 2005 World Championships. He was runner-up at the 2006 European Athletics Championships and won further medals at the World Championships in 2009 (bronze) and 2011 (silver).

On 22nd March 2009, he set a world indoor best of 69.51m in Växjö, Sweden.



- 1.** Simple short back swing, parallel shoulders, strong hips, connection with left foot



- 2.** Starts to turn left foot when right arm is back, starts to sink, good tension between legs, long left arm



- 3.** Good left foot turn, perfect right wide leg off ground, left shoulder over left hip, good head position



- 4.** Very good attacking sprint position, wide right leg, upper body back, great position on both arms, strong hip



- 5.** Good head position, great right arm way back, little break of hip due to little turn on left foot, still drives hard across with left leg



- 6.** Good sprint across the circle, little airtime, super speed





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- 7.** Very good hip work, pulls head a little to the left that takes left arm with it, delays left leg a little in the power position later on



- 8.** Very good position, totally on balance, very strong hips and right arm finding it's own pathway at the same time as left leg is on it's way down



- 9.** Gerd's famous high orbit when about to land in the power position is his trademark and gives very long pathway and a great pull in the release phase



- 10.** Super power position with very strong hips and perfect stance for attack, right arm way back and high



- 11.** Turning into the push as weight shifts from right leg over to left with a forward drive, great high left shoulder for a good block



- 12.** Pushing through the release forward with great contact with the ground and maximum speed of release



- 13.** Releasing the discus and following through coming simultaneously of the ground, great block



- 14.** Fighting the reverse for maximum speed from the right side when blocking and stopping the left side, strong hips



- 15.** Tall finish after landing on the right leg after the reverse, means very good hip work and maximum speed



- 16.** Screaming and staying in, super intense



- 17.** Done, 71.64 m