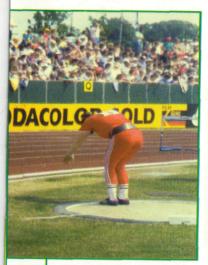
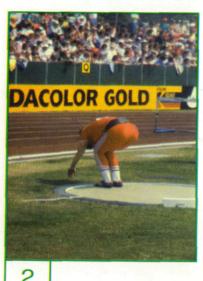
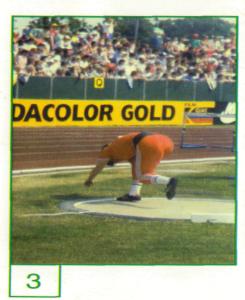
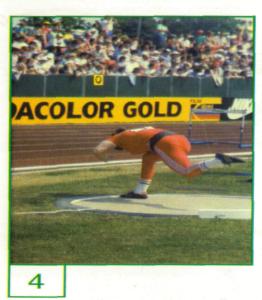
PHOTO

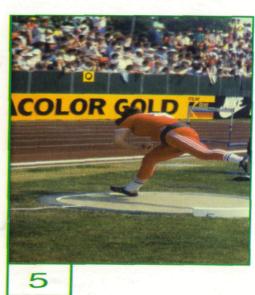
Natali Lisovskay







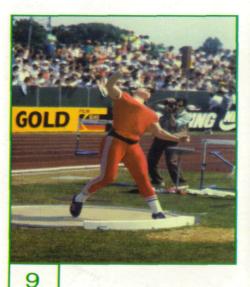


















10

Lisovskaya - Photosequence

Andy Vince - BAF National Coach for Scotland USSR World Record Holder 1988 GB v USSR v FRA

This sequence was taken in 1988 olympic year at a time when Lisovskaya was consistently throwing 21.50 - 22.00+. In contrast 1992 saw her fail to make am impression at the olympic games in Barcelona.

Photos 1/2

Two foot stance resulting in good balance and even weight distribution.

This form of style is further emphasized by leaning forward, head looking down. The knees bent (squat), the chest in contact with the thighs, a relaxed left arm (shoulders square).

Photo 3

The left leg drive begins, the head stays down, the shoulders are lower than the hips, causing an early raising of the left leg. The right leg is still passive.

Photo 4

The left leg drive is continuous but more active. The right thigh still close to the chest (body staying low). The left arm begins to bend, but the shoulders staying square, the head begins to raise.

Photo 5 Critical Stage

The strong driving action which accelerates the body across the circle is initiated by the right leg.

* Note final contact from the heal of the right foot. The shoulders are square, the left arm relaxed.

Photo 6

A very active right leg, quickly pulled under the body. The toes of the right foot turned into the front at 45 degrees. The left arm remains straight and the shoulders square. The shot is still well back, weight back over the right foot.

The left side of the body is long and slightly fixed at the knee.

Photos 7/8/9

The throw begins. An explosive lifting from the

right leg and active extension of the right side of the body. The shot does drift marginally in front of the hips. The head is positioned chin up. The left leg blocks strongly. The hips are starting to rotate into an active reverse.

Photo 10/11/12

A strong left side block. The arm and shoulder fully behind the shot. Full extension of all limbs and torso. The hips continue to rotate to the left, chest and head directly aligned above the hips. The athlete in total control of the throw, the reverse becoming an extension of the delivery.

In contrast to the above sequence, I will offer comment on my observations of Lisovskaya's Barcelona performance, summarised in three areas.

1) Drive from back of the circle

The drive from the back of the circle was from a flat foot (caused the body to rise). The centre of gravity (CoG) being directly over the right leg.

2) Landing in the middle of the circle

Lisovskaya seems unable to effectively draw the right foot/leg under the body actively. The results in a (right to left) drift of the shot on to a soft left side. In conjunction, a slow grounding of the left foot adding to the drifting effect.

3) Delivery preceding the reverse

The lifting from the right side of the body not effective because the shot already positioned above the left leg (lost hip lead - arm leading hips).

The final result of the above technical changes in Lisovskaya's technique is that the hips are unable to lead the shot into the active blocked left side. A jack-knife effect of the body, breaking at the hips in a backward direction causes a negative transfer of forces during the final delivery.

These mechanical deficiencies would, I believe, have contributed to a decline in distance and Lisovskaya failing to retain her olympic title.

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