

Vision Gold - Kugelstoßen

Schmidt Media,
http://www.youtube.com/watch?v=Z_X6u2EN5iM

By Jörg Probst

Below is an edited summary of this feature video on German shot putter David Storl, presented by the insurer of the German Olympic team, Zurich Insurance.

0:48	What David Storl likes about shot putting is that everything has to fit together in a 2.13m circle, and it's a great feeling when you release the shot and you know immediately that it was a good put.
1:41	Ralf Bartels: "He has fantastic abilities, he's very explosive, he has the right physique and he can fully translate that into the shot."
2:00	Sven Lang (coach): "He's certainly talented in many respects, but he also works diligently and hard." (The footage is taken at Kienbaum near Berlin in November 2011.)
2:35	David Storl: "The preparations are starting now. We're doing a lot of general preparation, working on athletic abilities, runs etc, so that I can go through the hard training during winter."
2:47	Narrator: "Today's program consists of a series of 30m sprints, which isn't easy for a 1.98m man with a competition weight of 122kg. But there is a lot of variation in David Storl's training and he likes that, as he was a multi athlete for many years."
3:26	David Storl came to shot putting around 2005/2006. He started athletics at age 9 in his old club in Saxony. At age 14 he commenced at the sports high school in Chemnitz where he trained to be a decathlete. The throws were always his best events. In 2006 his coach passed away, and after that it was clear for him he would focus on the shot put.
4:03	Narrator: David Storl benefits from the coordination he developed as a multi-event athlete. He was able to focus on his training early, as he attended the sports high school in Chemnitz. This is an elite sport school sponsored by the German Olympic Federation and the Sparkasse (a major bank).
4:29	David Storl says he trained twice a day at the high school, and he was allowed to complete high school over three years, instead of two, which allowed him to train as well as focus on his school work.
4:59	David Storl has good memories of his time at the high school and has retained many friendships.
5:11	Narrator: "Now David Storl has to marry sport and work like many others. Without a supportive employer this is hardly possible. David Storl is employed by the Federal Police."
5:21	David Storl says he was allowed to interrupt his course so he could focus on the Olympic Games, and he says this is the optimal solution for any athlete who wants to be professional. He is only studying from September up to Christmas.

6:12	Narrator: "David Storl's strength has a lot of room for improvement. To compare David Storl with Ralf Bartels: Bartels bench presses 255kg, almost 100kg more than David Storl. But gaining strength and muscle mass means being heavier which affects the speed in the ring, and so his training has to be carefully balanced."
6:42	Sven Lang: "He certainly has a lot of catching up to do in terms of strength compared with the big guys next to him, but we want to slowly but continuously build up 1-2 kg of muscle mass each year in order to retain the attributes which set him apart."
7:13	Talking about the unusual training methods, Sven Lang says they went a completely novel way. Even as a youth athlete David Storl always worked a lot with lighter weights to ensure that the release velocity is higher than with the competition weight. He believes not too many would be doing that, but for David Storl it was certainly the right way to go.
9:22	(Back in Chemnitz at the end of January 2012, and David Storl has had a great start to the indoor season) Sven Lang: That was an important competition for him, the first one really after the World Championships, with all the big throwers there, and it was good that he was able to perform in the new role as a favourite.
9:50	David Storl is having a light training session ahead of the Erdgas-Meeting
10:02	David Storl does these exercises to build up muscle tone and explosiveness ahead of a competition.
10:30	Ralf Bartels says it's nice for him to be able to support David Storl in competition, being able to calm him down a bit, and he himself benefits from David Storl's youthful carefree attitude, just throwing without thinking too much, which could result in better performances because you can stay more relaxed.
12:05	(At David Storl's grandfather's.) David Storl played football as a boy, but he didn't have good experiences and his grandfather then took him to the local athletics club, VfL Rochlach. David Storl was a fast runner. As a shot putter his first medal came at the state championships in the 13-year age group with 9.98m. (Certificate shown.) "We thought, 'hopefully he'll crack the 10m soon'"
12:58	Narrator: "David Storl's grandfather was often present at competitions, but not at the 2010 European Championships in Barcelona where Storl finished 5th."
17:05	(More footage from Erdgas-Meeting in Chemnitz.)
18:15	Sven Lang is not quite happy with David Storl's technique during warm-up, as he's arriving in the power position too high.
21:10	Asked why he didn't have many valid throws today, he says that one can't do a personal best every day, and 20.75m is still a good performance, he's trained a lot this week, was trying a little too hard, and not every day is the same.
21:43	He was annoyed at not being able to do better, but he knows that was still better than his personal best of a year ago. The expectations of others can be quite strenuous, and he'll have to learn to deal with that.