JAVELIN THROWING
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Javelin Introduction

– Equipment and gear
– Grips and short approach
– Approach
– Technical points
– Javelin runs
– Power position drills
– Special training
– Strength training
– Review
Javelin Introduction

• Proper Equipment
  – Javelin
    • Types
      – Distance ratings
      – Headwind
      – Tailwind
  – Shoes
    • Spike Placement
Javelin Introduction

• Grip Types
  – American
  – Finnish
  – Fork
Javelin Introduction

• Teaching Beginners
  – Grip
  – Javelin Placement

  – Release Drills
    • Short arm
    • Withdrawn
    • Ball throws
Javelin Short Approach

• Throwing Progression
  – 1 Step
  – Walking 3 Step
  – Dynamic 3 Step
  – Walking 5 Step
Javelin Short Approach

• Throwing Progression
  – Dynamic 5 Step (2+3)
  – 3 Step Box (on)
  – 3-5 Step Over/Side
Javelin Approach

• Throwing Progression
  – Shuffles (10-20 meters)
  – Walk into 3 Step (10-20 meters)
  – Jog into 3 Step (15-20 meters)
  – Hopping drills

*Javelin withdrawn on all drills
Javelin Approach

• Throwing Progression
  – Walk into 5 step (15-20 meters)
  – Jog into 5 Step (15-20 meters)
  – Acceleration into 5 step
Technical Points

• Back of the runway
  – Speed pattern and check points
    • Carry and body position
Technical Points

• Withdrawing the javelin
  – Check point
  – Right knee
  – Left leg
  – Right arm
  – Left arm
Technical Points

• Final 3 steps in the javelin
  – Check point
  – Right knee
  – Left leg
  – Right arm
  – Left arm
Technical Points

• Release
  – Check point
  – Right leg action
  – Left leg action
  – Right arm action
  – Left arm action
Technical Points

• Technique Review
  – Back of the runway
  – Withdrawing the javelin
  – Final 3 steps
  – Power Position
  – Release
  – Recovery
Javelin Runs

– Runway Drills
  • Run and withdrawing the javelin
  • Running with the javelin
  • Jog and withdraw repeats
  • Running with withdrawn javelin
Drills to The Power Position

– With javelin or ball
  • Standing
    – Flat footed
    – Left leg up
    – Off box
  • Jog
    – Flat footed
    – Left leg up
    – Off box
  • Run
    – Flat footed
    – Left leg up
Special Training

– Double Arm Medicine Ball
  • Standing
  • Walking
  • Jogging
  • Run
  • Stability ball
  • Ground
  • G/H machine
  • Box
Special Training

– Single Arm Medicine Ball
  • Standing
  • Walking
  • Jogging
  • Run
  • Stability ball
  • Ground
  • G/H machine
  • Box
Strength Training

– Olympic lifting variations
  • Standard progression
  • DB olympic lifting
    – Two arm
    – Single arm
  • DB single support
    – Two arm
    – Single arm
  • Assistance lifts
Strength Training

– Power variations
  • Lower body
  • Upper body
  • Assistance lifts
Strength Training

– Torso variations

– Combination circuits

– Medicine Ball circuits

– Flexibility

– Stabilization Training
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Javelin videos and documents associated with this presentation can be found at:

http://Digitaltrackandfield.com