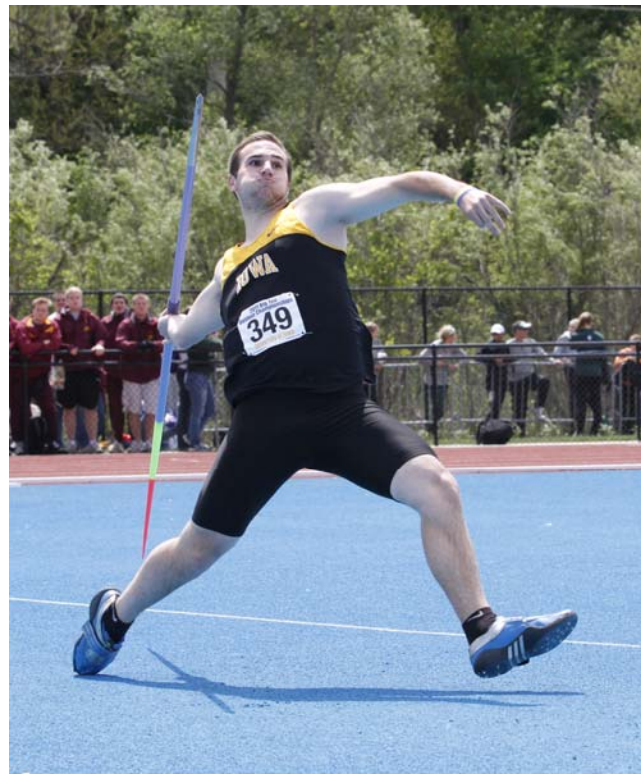


JAVELIN THROWING

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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 - Withdrawn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*Javelin withdrawn on all drills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- Running with withdrawn javelin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

JAVELIN THROWING

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

<http://Digitaltrackandfield.com>

