

Working from the Ground Up

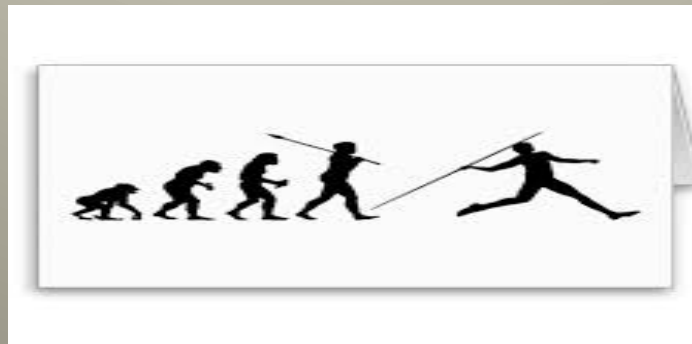
**Lower Body positions & Runway
work for the Javelin**

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Why is the Runway so Important?

- Consistency
- Being comfortable running sideways
- Building Momentum
 - 1) Applying force over a long distance (pull) in the shortest amount of time
 - 2) Creating the Speed comes from an efficient build up which will (in the end) allow the right side to keep moving through the (front leg) plant
- Speed of Release



Running with the Javelin

- We do some form of running with the javelin year round
- It is important to get the athlete use to running sideways and being comfortable
- Always working on personal cues for the coach-athlete relationship
- Type of Running:
 - 1) Forward runs – tip down/hand at ear level or higher; good running form
 - 2) Crossovers:
 - a) Galloping type of rhythm; being able to use the left leg to move them
 - b) Positions: Shoulders sideways (level or left slightly higher); left hip closed off
 - c) Javelin position
 - d) doing it from both sides
 - 3) Transition from forward to crossovers – withdrawing on the left (4-4)
 - 4) Over speed/Resistance/Hill Runs/Heavy Javelins

Posture & Static Position Work

- 1-2-3 drill (Javelin on back-held)
 - 1) Body sideways – heel up
 - 2) Turn right foot – rest of the body stays sideways
 - 3) Rotate body/shoulder under the javelin
- Put it all together for a total movement
- Supplement – MB throws (Wind Ups, Sideways, SP throws); Ball throws
- What are you trying to accomplish:
 - 1) Turning of the Right Foot/Dropping of the Right knee/Front Shoulder closed
“Getting under the Javelin”
 - 2) Understanding that their center of gravity (hips) must move through the throw.
“Right Hip chases the Javelin”
 - 3) Understanding the use of the Left side/leg block

1-2-3 Drill Javelin on Back



1-2-3 Drill Withdraw Position



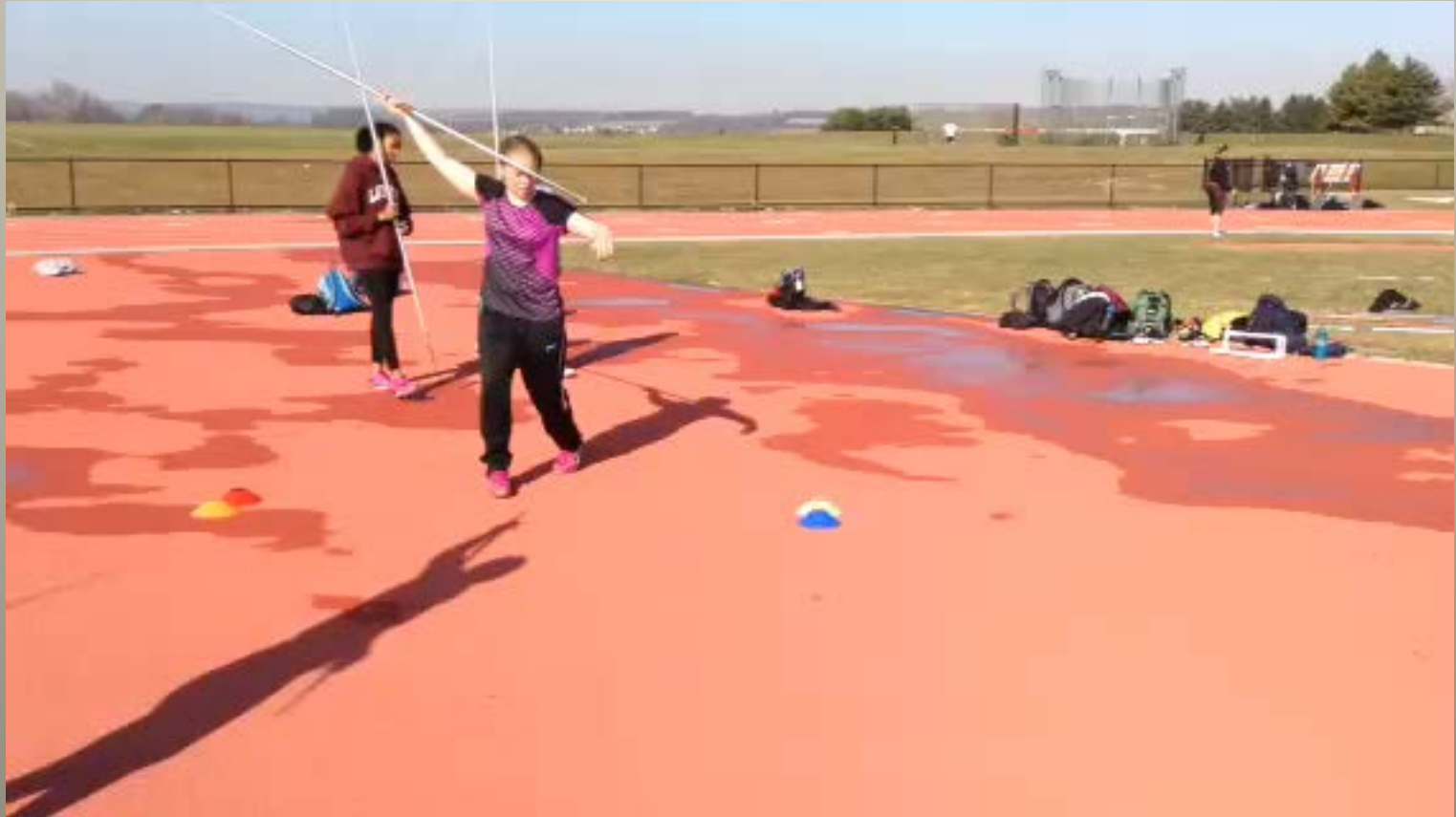
1-2-3 Continued



Adding Movement

- A galloping/rhythmic crossover(s)
- Over 1 mini hurdle/small cone
- Do without throwing (on back then held)
- Throw
- Getting the thrower to understand to keep the right hip moving through the throw
- Staying Closed – Left Side

3 Step “Getting Under”



3 Step Throw



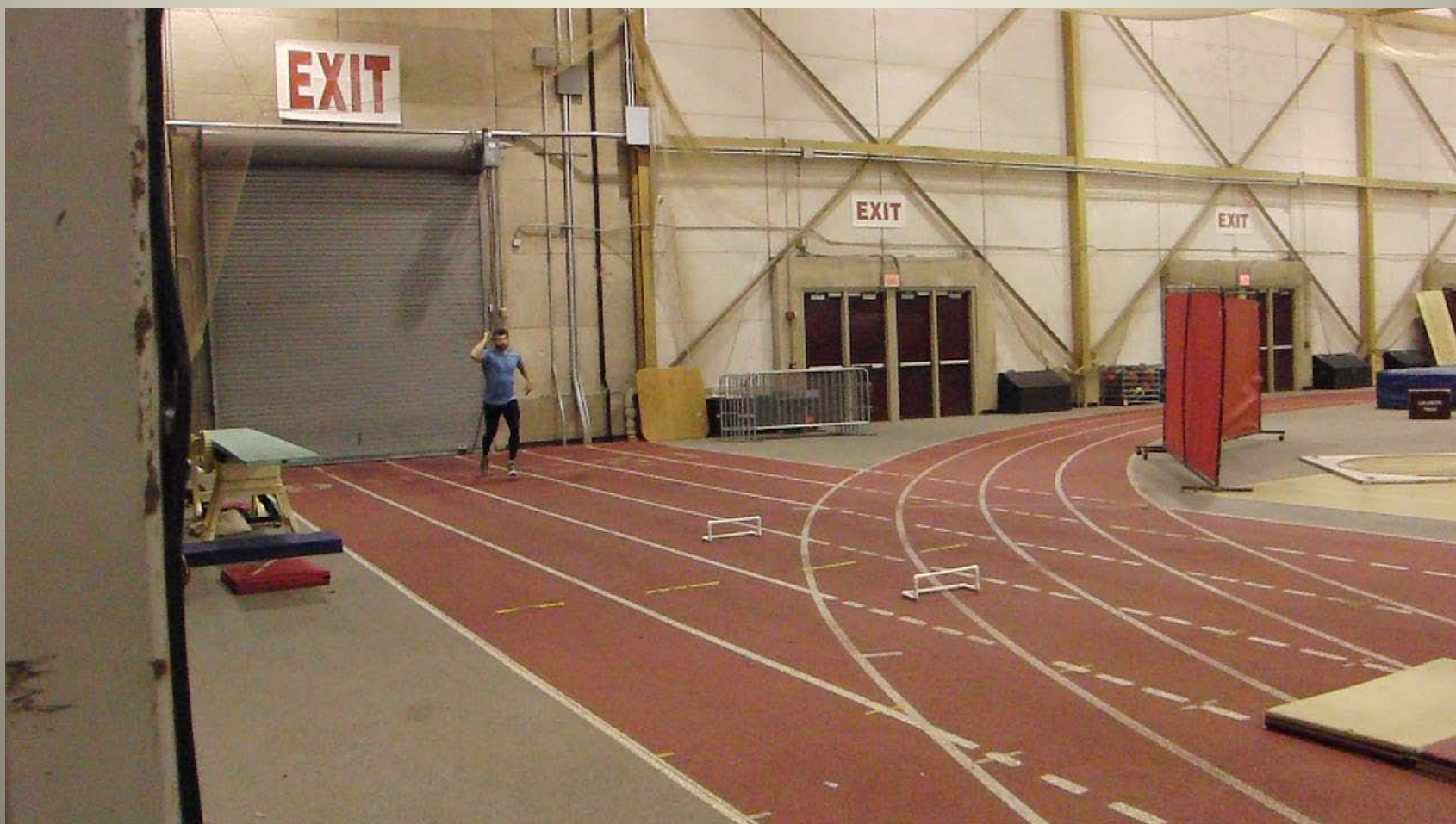
Adding Movement Part II

- Over 2 cones/hurdles (emphasis on accelerating over last)
- Over 3 cones/hurdles
- Do without throwing (on back then held)
- Throw
- Penultimate cues – jump out/move left to left
 - 1) The “float time” of the penultimate
 - 2) Coaches – follow the hips (not too much up/down movement)
- Accessory MB work (3 to 5 step SP toss, soccer style throw ins)

5 Step Throw



7 Step Drill



Transitioning to Full Approach

- 4-4 and the use of check marks
- Continuous build up of speed
 - 1) Still working a rhythm and gallop
- Really work to accelerate into the penultimate
- As speed is added – more patient with float



- Questions or Feedback
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