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