Perfecting the Javelin Basics

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Throw Year Round

- Don’t have to throw **hard** year-round
  - BUT vary your intensity

- Don’t take more than **two weeks** off from throwing
  - Off-Season
    - Light implement training
    - Target-range training
    - Approach drills
Head Angle

- Shoulder angle too high
  - Causes “Rocking-Chair” throw

To Avoid This
- Head and body are separate from the javelin
- Don’t tip body too far back as you throw
- Gram ball drills
Head Angle
Look To The Horizon

Problem
- Athletes don’t have a focus point

Solution
- Keep eyes focused on something in the distance at a 20-30° angle
- Have athlete find spot before each throw
- Repetition will fix tipping back too far
- Improves distance with better delivery position
Ride Your Drive Leg

- Keep weight shifted back on drive leg before plant foot lands
- Allow drive leg to set up before upper body comes through
- Hip first, shoulder follows
Drive The Hip Forward

Problem

- Athlete rotates hips

Causes

- Fall away
- Lose tip
- Hip drives out

Solution

- Don’t tip upper body onto block side
- Keep right foot pointed at 45° angle
Drive The Hip Forward
Both feet on the ground when throwing

**Most Important**
- The drive leg **must** remain in contact with the ground while hip initiates the throw and transfers energy up through the body

To do this…
- Drive leg helps initiate a gluteal contraction
- Hips stay level, drive forward
Keep Grounded
It’s All In The Rhythm

- Good rhythm sets up your throwing motion
- Establishes fluidity during your run and throw
- Helps eliminate broken strides and pace inconsistencies
  - The dreaded fast to slow approach!
Side Quick Steps
Forward Quick Steps
Open Palm Strides
Carioca
Crossovers with 360° Turns
Crossovers ‘Hesitations’
Crossovers with the Carioca
Drive Forward Not Up

- Driving forward on the penultimate stride
- Driving forward allows athlete to thrust hips forward and get ahead of rest of the body
Towel Drill
Toe In

- On penultimate stride bring toe in to 45° angle
- Right foot, knee, and hip come through *before* upper body
3-Step Box Drills
5 Hop Med-Ball Throws
Sand Pit Drills
Slow Things Down

- Walk the drill first
- Then jog
- Then accelerate
Speed Is Your Best Friend

Accelerate into the throw!

- Javelin is an elastic, dynamic, EXPLOSIVE throw that is built up with an accelerating, horizontal approach.
- Incorporate sprint training into athlete’s workouts.
- The faster the athlete goes → the faster and further the javelin goes.
All Together Now

- Beginner throwers do this: move their front arm, then the chest, and then their throwing arm.

- Top throwers do this: move everything at the same time.

- Athlete must think of the “lever system.”

- Front arm goes back, throwing arm goes forward.

- Athlete will feel “togetherness” of upper body joints.
Block to the Throw Side

Once athlete starts the throw, all energy should follow a block side to throwing side path.
Getting Rid of Elbow Pain

- Watch athlete from behind to make sure wrist stays inside elbow for most of the throw.
- Javelin comes up and over shoulder.
Match up videos of athletes with similar builds and styles

Learn what makes their throws go far

Size of the thrower has large affect on their technique
Throws Journal

- Keep throwers focus on their training:
  - Sleep
  - Eating habits
  - Hydration
  - Lifting
  - Drills that helped them throw far
  - Throwing distances in practices
  - Day-to-day activities that hinder training
Keep Stats

- Dedicated journal pages to competition marks
  - Farthest throw in their series
  - Throw better in morning or afternoon competitions
  - Type of javelin thrown
  - What’s the weather like
Visualize

- Get athlete to imagine throwing a huge throw
- Picture javelin sailing to other side of track
- Imagine the excitement and how other people react
Questions?
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