THINGS TO KNOW ABOUT THE JAVELIN AND KEEPING SPEED THROUGH THE THROW

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Introduction

- Associate Head Coach
  Track/XC @ Western Oregon University
- Guatemalan National Record holder in the decathlon
- Former Guatemalan National record holder in the Javelin
- UCLA Graduate in 2003
- In my 17th year of coaching
Presentation Objective

- Discuss the progress of my technical model for javelin throwing
- Give a brief overview of the technical elements that I am looking for (if possible, save question for the end)
  - Maintain speed, momentum, weight into the block of the throw while retaining key technical elements
- Presentation designed with intermediate to advanced throwers in mind
- Presentation based on a right-handed thrower
- Leave viewer with a few points to think about
- Give tips on keeping your athletes healthy, (Tommy John, etc.)
- Not fall flat on my face, 1st Symposium at USTFCCCA Convention
The Disconnect

- "The javelin throw is like a car hitting a wall. If you don’t have your seatbelt on, you are the javelin going through the window". Javelin as explained by my first javelin coach.
- Speed versus Power throw
- Trying to understand the "soft step" and timing of the throw
- Why my throw never looked like Zelezny’s.
  - Probably better that it didn’t
What makes a good Javelin Thrower?

- Long levers
- Naturally rhythmic movement
  - Able to maintain speed and momentum with ease
  - Running well with the Javelin
- A natural throwing motion. Likely developed at a young age
  - This can be both a blessing and a curse
The Run Up

- Momentum developing steps
- Acceleration
- Rhythmic and patient
- Level to slightly down with the tip of the javelin
- Displacement instead of quickness
The Withdrawal

- Running through vs. drawing it back
- Wrap or no warp?
- Feet to 1:30
- Shoulders to 3 o’clock
- Arm position parallel to ground
- Block side arm and should not pass 12 o’clock
Crossover steps

- Level balanced body position
- Speed maintenance from the run up
- Arm position parallel to ground
- Emphasize letting the throw come to them don’t rush to the line
- Number of crossover depends on rhythm and ability to maintain speed
Final Crossover
(For the coach to know and simplify)

- 3 to last step (Impulse step)
  - Active push through into the crossover
  - In air sit back or “wind up”
  - Establish angle of delivery, body tilt
  - Body and hips move linearly
  - Stay lower and minimize up and down of the hips
  - Big closure of shoulders with the block arm
  - Active block leg swing through
Final Crossover Cont.

- 2nd to last step, Penultimate step
  - Land at 1:30 under the hips
  - Some may benefit from turning penultimate foot to 12 o’clock during the impulse to help open the hips
  - Soft contact to maintain linear momentum
    - Drop the down penultimate knee down and in
    - Falling motion of the foot
  - Hips are closed at soft contact
  - Hips move linearly through contact and drop to block
  - Block side arm will help open the hips through the drop
  - Lay back position through the upper body
  - Connect the through the shoulder, roll under
    - Do not allow the throw side shoulder to open forward
  - Palm up, throwing hand will “loop” (drop back)
Connection through the shoulder
The Block

- Drop into the block
  - Don’t reach for the ground let it come to you
- Re-establish block going into the block
- Hips should be open when you block
- Block foot lands open and to the left
- Look for reverse C position at block
- Weight and balance should be centered over block leg
- Emphasize a block than throw mentality
- Looking for a bumping action that rolls you hips over the block
  - Hinged movement and forward rotation is created
Block cont.
The Throw

- Maintain good javelin and body position through the block
- Over the top and through the point
- Throw straight not up, through the angle of the throw
  - I look for about a 32 degree angle
- Throw of the block leg not the penultimate
- Give space for recovery after delivery
- Negative attack angle?
- The feel of the throw (easy and doesn’t have to hurt)
Key Take Aways

- Movement down the runway: accelerate to develop speed, maintain speed through crossovers and throw.
- Speed maintenance allows you to set up positions and allows you to not feel rushed.
- Let the throw come to you.
- Get off of your penultimate.
- Throw must be connected through the shoulder.
- Block than throw.
Thank you to Mike Com and the Coaches Association. Also thank you to the coaches I reached out to for feedback.

It an honor and a responsibility to contribute to our sport

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Links: www.thejavelinman.com

- Ron Johnson javelin rebuilds
Questions?