JAVELIN FOR HIGH SCHOOL AND BEYOND!

by Tom Pukstys
Preparing a high school thrower:

• Focus on aerodynamic “Clean” flight
• Athletic and fast physical ability
• Special or javelin specific strength
• Big horsepower is not part of the effort...for now

Technical highlights:

• Smooth arm action for proper flights and injury prevention: pronation or pronating the shoulder for optimal use!
• Long Pull and stability of the block until release: Power position is when the plant hits and the arm is fully back
• Alignment of hips/shoulders and javelin at set-up and during the throw
• Promote the use of the legs and core before you cut loose on the arm action

As Thomas Rohler stated: “A relaxed body with a loose arm creates the best whip when the block hits. Be like a hummingbird and not superman.”
Developing your skills:
Using simple exercises including medicine ball throws, flexibility, running and jumping ability
• Emphasis on rotational core strength
• Limiting distance with a target and promoting getting to that distance with the least amount of arm use
• Weighted ball throws at a wall to get enough repetitions and promote proper skills without over throwing. (Reps vs hard efforts)

Training:
A balanced approach works best...combine speed, flexibility and power but don’t just focus on one aspect. Just weightlifting and throwing leads to failure or injury most of the time.
• High school and college throwers in development mode can get great improvements from using two-arm and one arm throws at various weights
• Throwing at a wall will maximize your time!
• Two or 3 days of throwing a week will be enough but intensity must be controlled!

Over the last 15 years there has been a shift in methods by top throwers to nearly avoid the weight-room and train more gymnastic like. Dynamic stability and a hyper level of fitness.
The Critical Factors: Success at any level or age...

- **Mobility**: Enough flexibility to produce fundamental technique, achieve a pull!

- **Technique with alignment**: Flying a javelin or having a clean flight to maximize efficiency.

- **Throw with speed**: More than just throwing from 3 steps, you have to use a run-up and this requires more patience than a harder throwing effort.

- **Specific power**: Squats and bench are great, but medicine ball throws, pullovers and gymnastic ability pays off more.

- **Spirit**: Mental ability to move fast and react physically. You have to fly! Like a gymnast on a floor routine or tumbling run. Not a powerlifter!
OLD SCHOOL: Still works best!
Figure 7: Body positions at the moment of planting the front leg and at the moment of release for a female javelin thrower

Left: In the qualifying round at the World Championships in 1995 (the athlete did not qualify).
Centre: Close to the technical demands at the competition during the peaking period. The athlete reached the Olympic final and won the silver medal (result of the AIS/Track and Field competition analysis).
Right: Necessary body positions to reach a higher performance level and to form a base for assessing the demands for the training of technique and special strength.
A little forward and the arm/shoulder take more hit!

More lean, less push from the right foot and the core takes on pressure into the arm/shoulder!
Klaus Bartonetz: JAVELIN THROW

USA TF High Performance Throws Summit
Las Vegas: Dec. 12 – 13 2001

Boris Henry
training 5/10/2001
Austin/TX

84m 276°
(last throw of the workout)
900g - 73m (20 throws)
1300g - 60m (12 throws)

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Lots of easy throws from grass!