

# 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 17<sup>th</sup> year of coaching





# Presentation Objective

- ▶ Discuss the progress of my technical model for javelin throwing
- ▶ Give an 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, 1<sup>st</sup> 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 wrap?
- ▶ 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





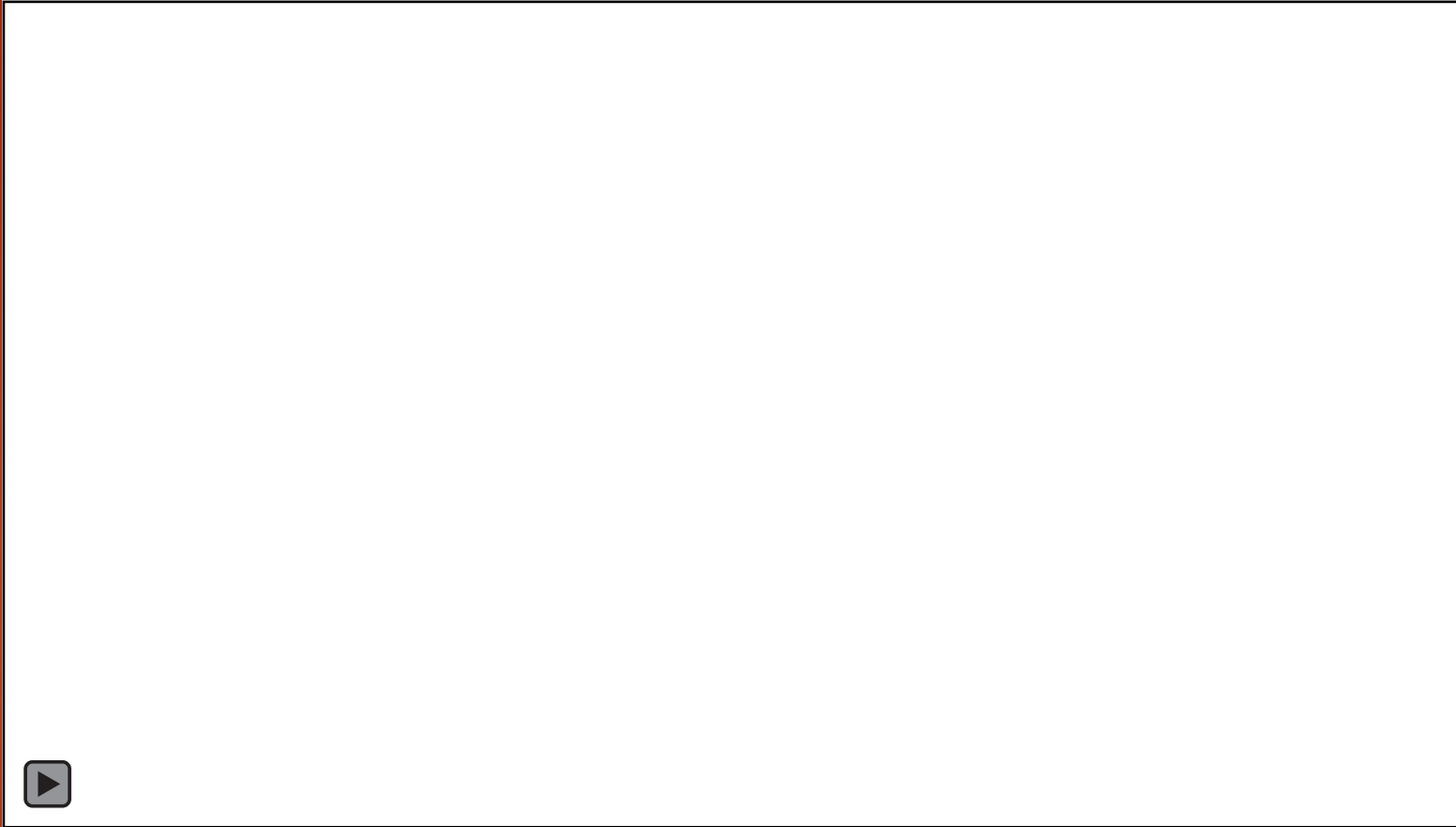
# Final Crossover Cont.

- ▶ 2<sup>nd</sup> 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!

- ▶ Thank you to Mike Corn 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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  - ▶ Ron Johnson javelin rebuilds

# Questions?

