

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.



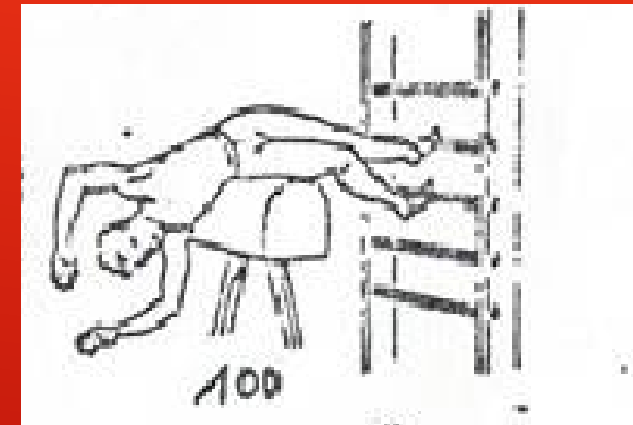
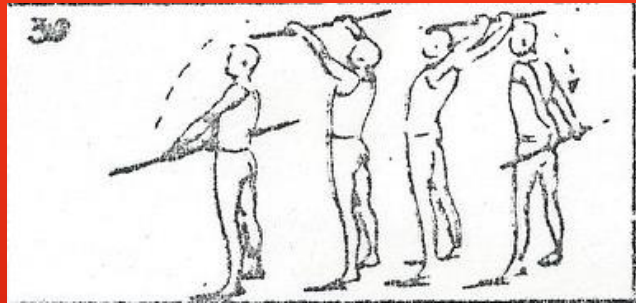
This Photo by Unknown
Author is licensed under
[CC BY-SA](#)

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!



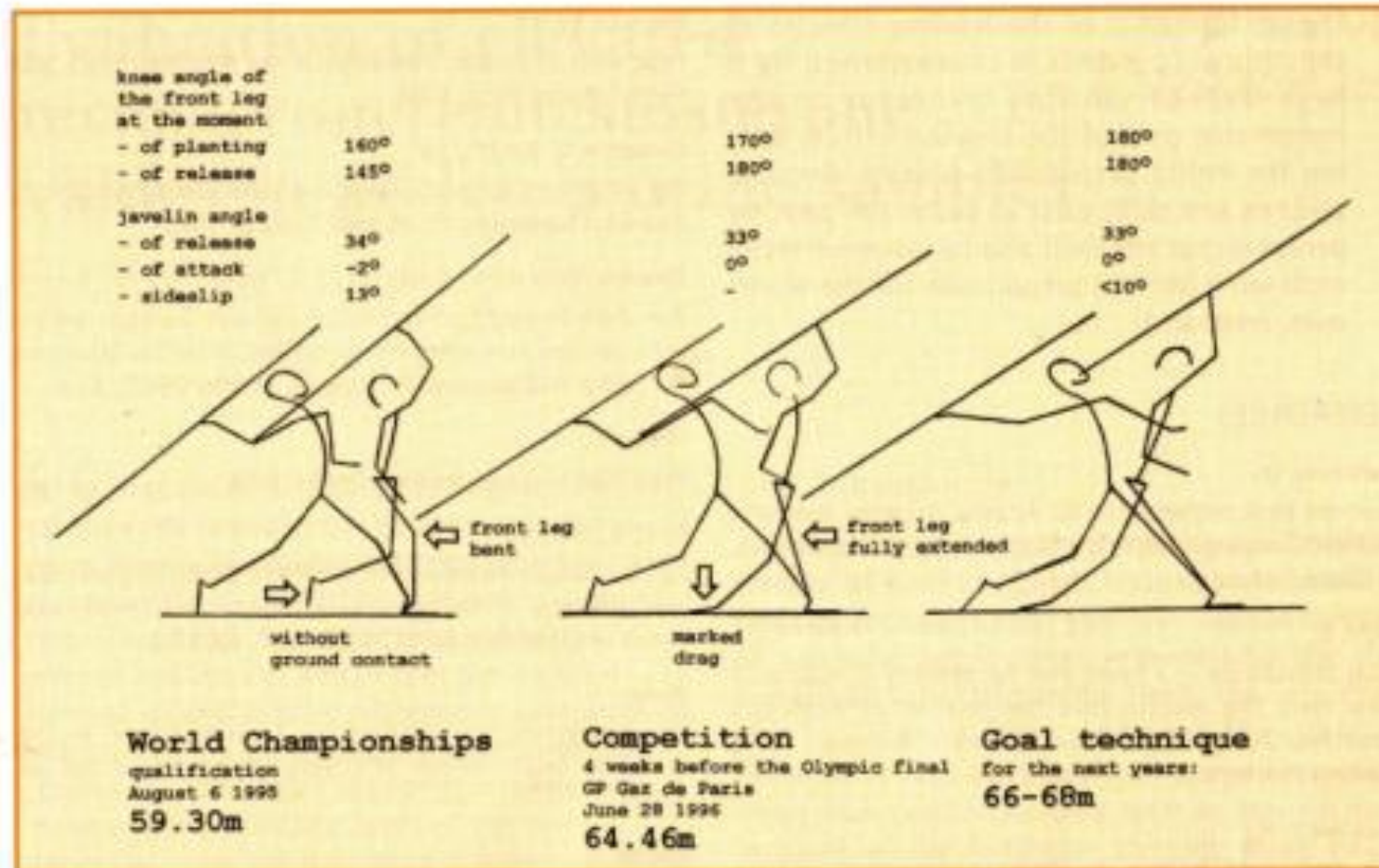


Figure 7: Body positions at the moment of planting the front leg and at the moment of release for a female javelin thrower

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!



Boris Henry Training 25.1.01 (aus 3er)



More lean, less
push from the
right foot and the
core takes on
pressure into the
arm/shoulder!



Boris Henry

Olympia-
Vorbereitung

5. Sept. 2000

Golfball-Wurf
(aus 5er-Rhythmus)

Klaus Bartonietz: JAVELIN THROW



USA TF High Performance Throws Summit
Las Vegas Dec 12 - 13 2002



Boris Henry

training 5/10/2001

Austin/TX

84m 276'

throw # 56

(last throw of the workout)

900g - 73m (20 throws)

1300g - 60m (12 throws)





Lots of easy throws from grass!











