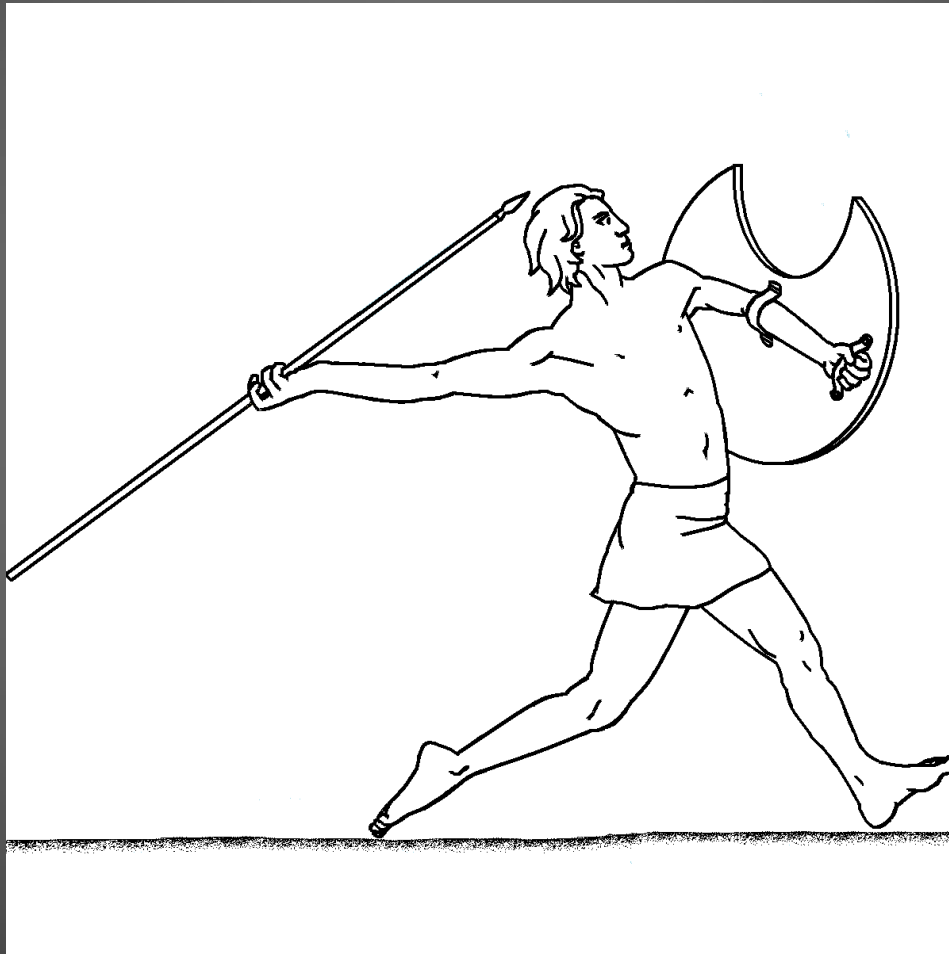


Javelin



Beginning Basics

- Grip
- Left above ear
- Right-extended, look at your watch

- Drills:
- Picks, carry, run, target,
- Throw through the point

THE AMERICAN GRIP

The thumb and the first two joints of the index finger are behind the cord.



THE FINNISH GRIP

The thumb and the first two joints of the index finger are behind the cord, while the index finger supports the shaft. The extended finger assists the rotation of the javelin during delivery.

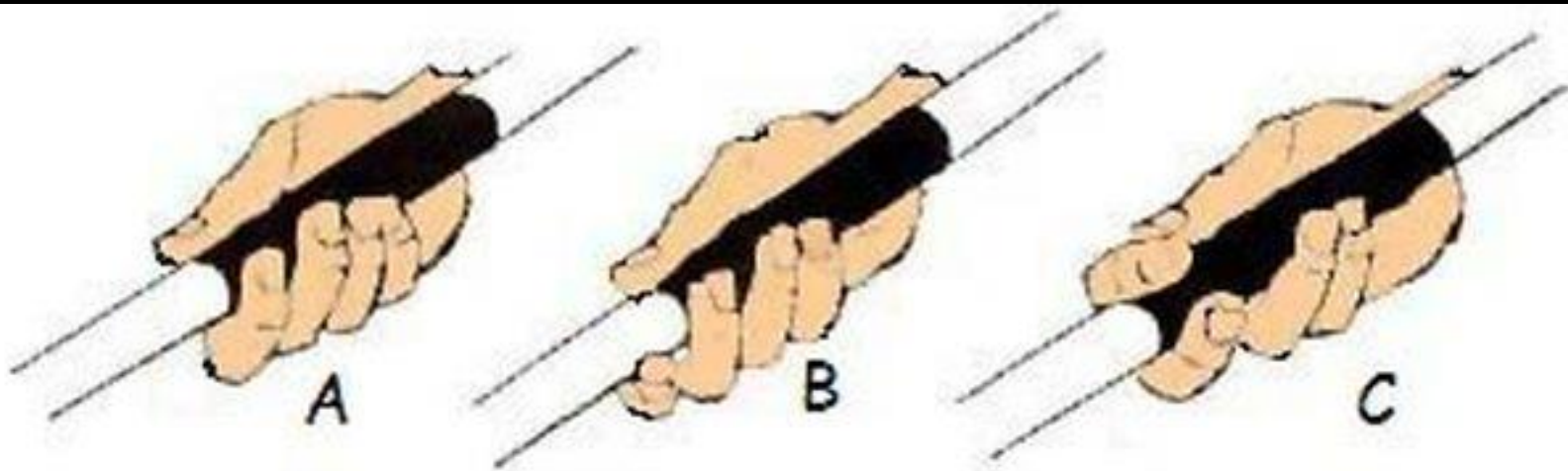


THE "V"- GRIP

The javelin is held between the index and middle fingers behind the cord. The position of the fingers assists the throwing arm in staying at shoulder height during the approach.

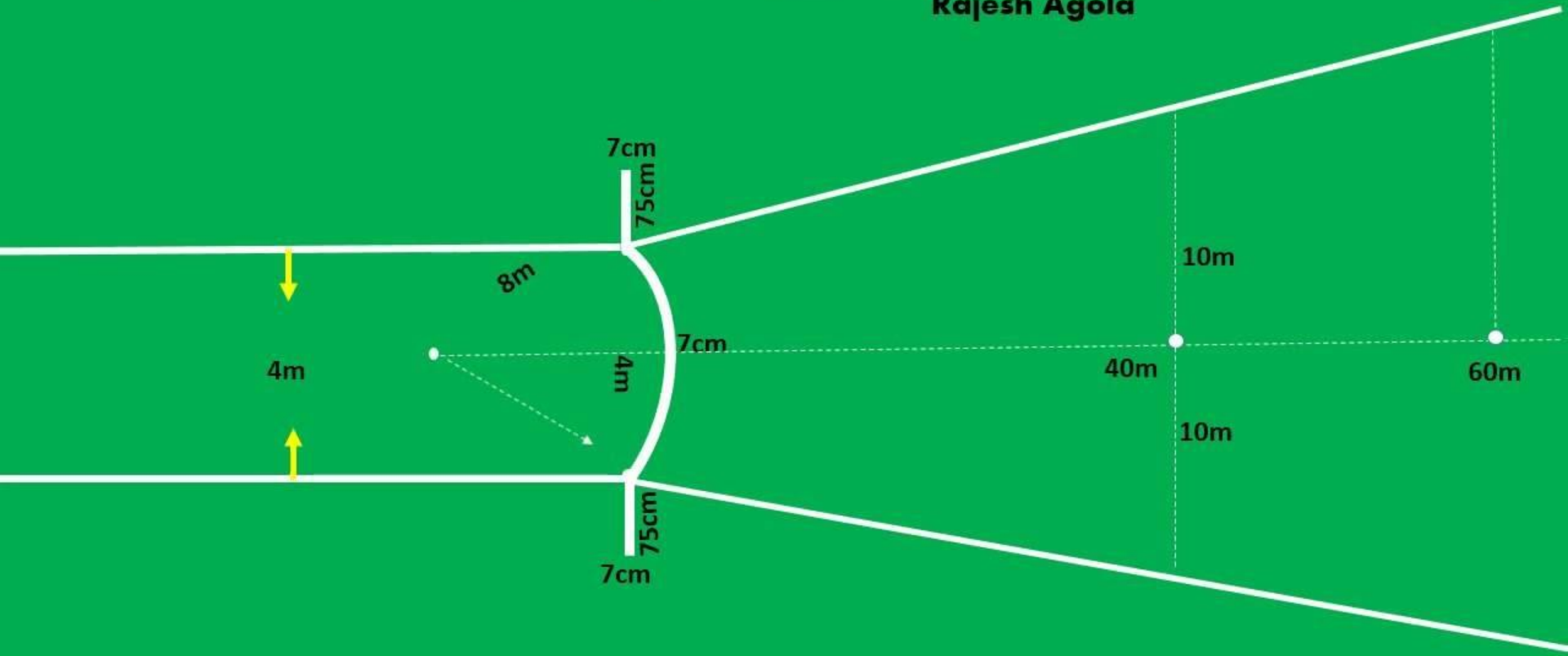


Stander, 2006.



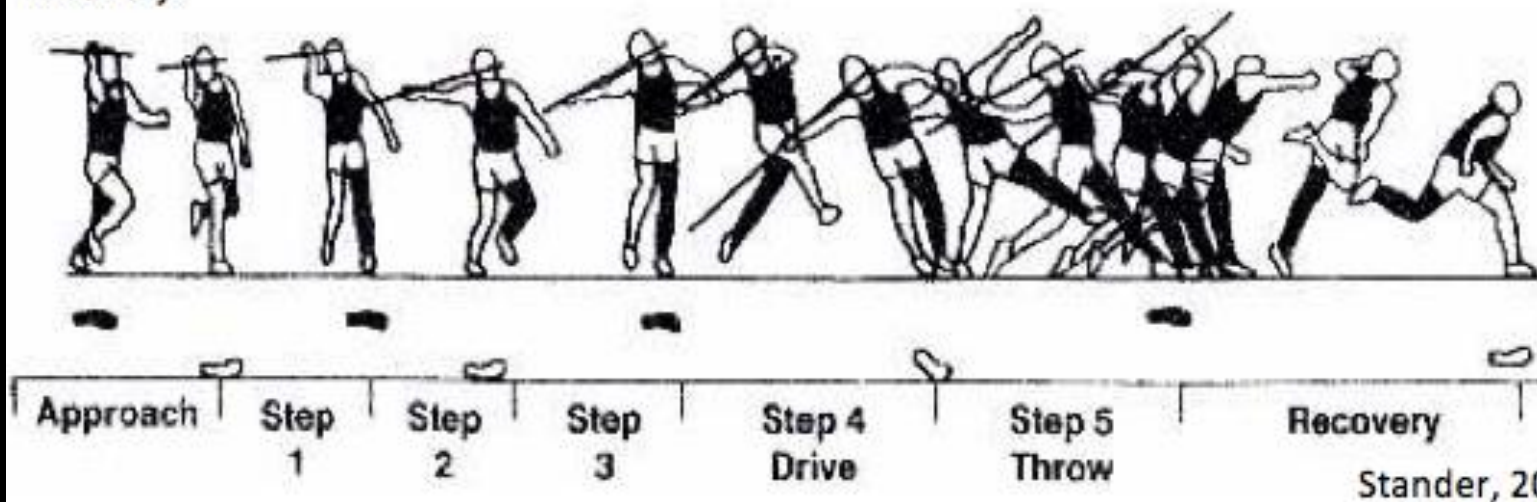


How to lay out a 28.96° Javelin sector Rajesh Agola





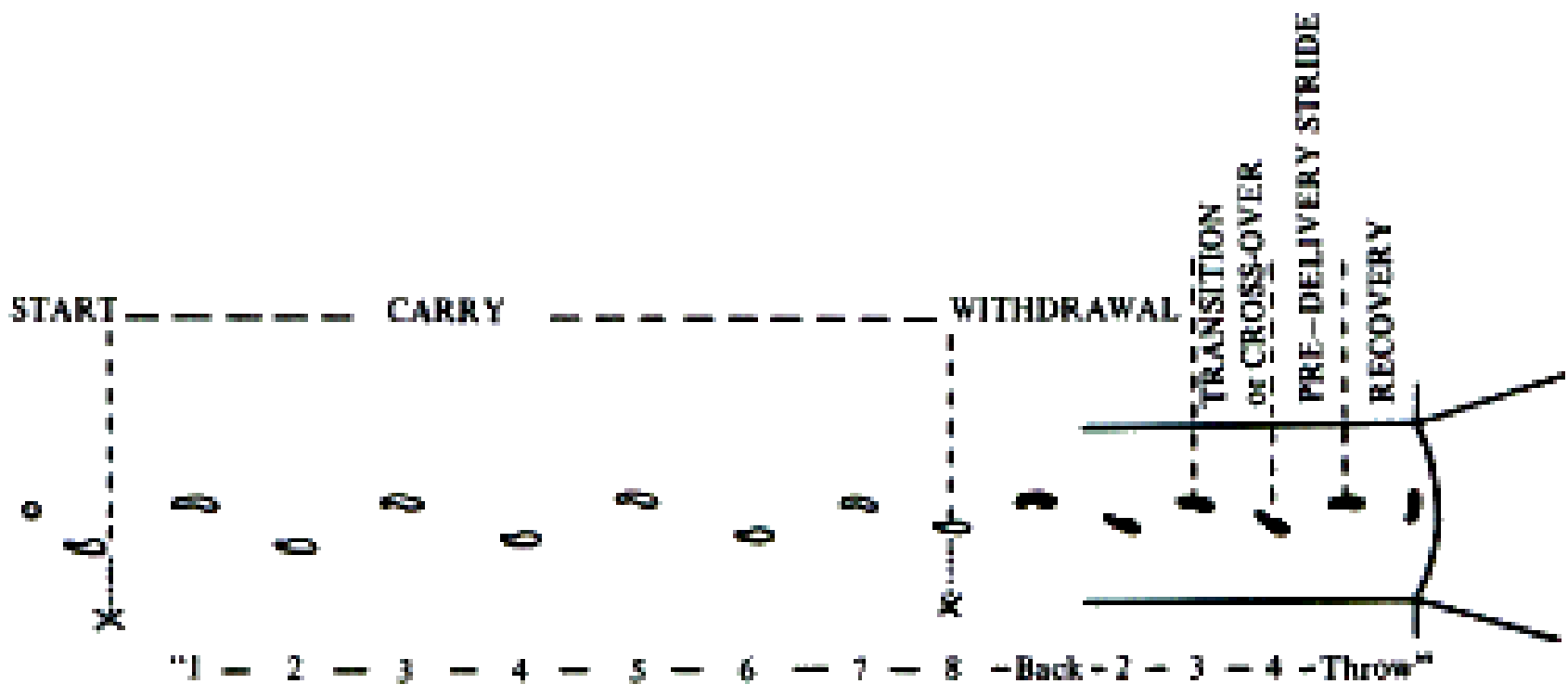
The javelin technique sequence comprises of 4 phases: An approach, a 5-step rhythm, throw and recovery.



Stander, 2006, p.2

Approach

- Steps- Carry drills- ease wobble, point stability, draw back
- Counting Lefts
 - 5 step, 7 step
 - Crossover
 - Speed of approach
 - Penultimate
 - L Heal plant
 - Drills: short, long counts; what time is it; weight drag

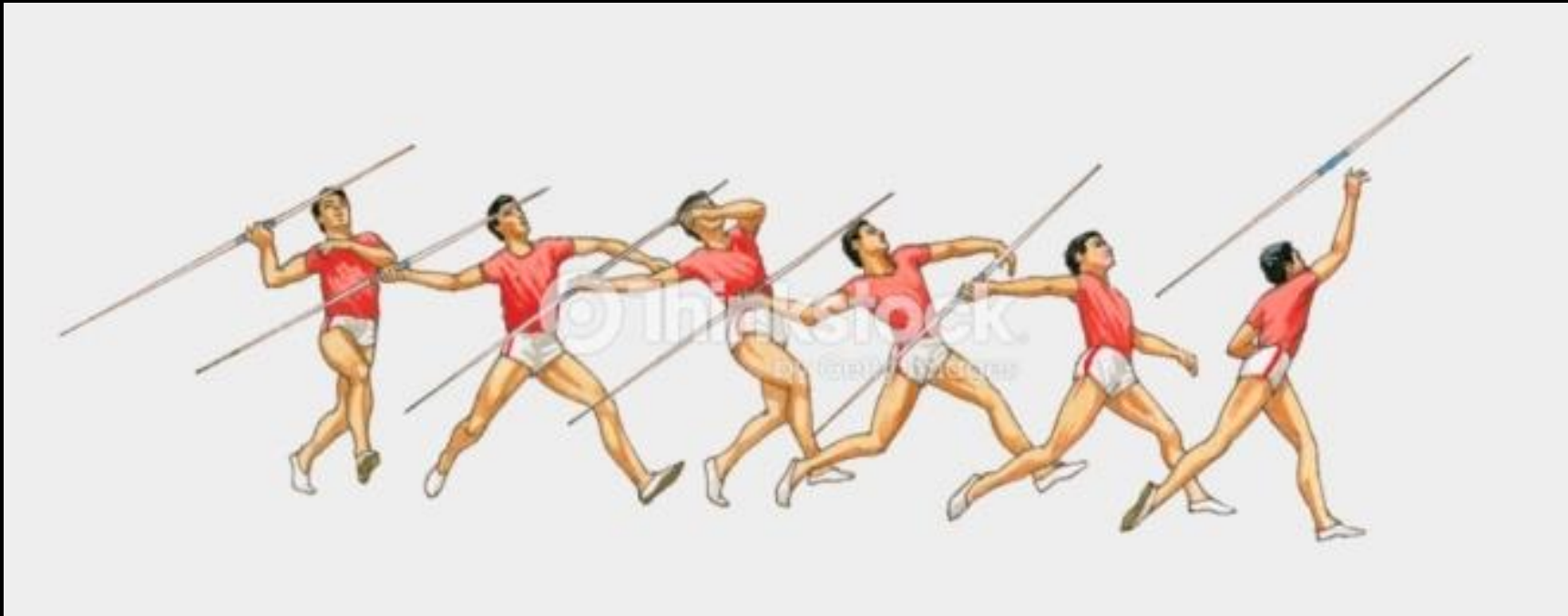


Release

- Block- “What time is it”-cue; Elbow into rib;
- Flight: Balance; “T” position, activate Stretch Relex
- Strength: hand stands, bar drills
- Shoulder/Elbow health







Drills

- Ball: on ball/roll up
- against wall/around the clock
- plate drags
- hand stands
- Targets: Throw through the tip

Thank You



Any Questions?

