

Perfecting the Javelin Basics

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Throw Year Round

- ❃ Don't have to throw **hard** year-round
 - ❃ BUT vary your intensity
- ❃ Don't take more than two weeks off from throwing
 - ❃ Off-Season
 - ❃ Light implement training
 - ❃ Target-range training
 - ❃ Approach drills



Head Angle

- Shoulder angle too high
 - Causes “Rocking-Chair” throw
- To Avoid This
 - Head and body are separate from the javelin
 - Don’t tip body too far back as you throw
 - Gram ball drills



Head Angle



Look To The Horizon

- ❧ Problem

- ❧ Athletes don't have a focus point

- ❧ Solution

- ❧ Keep eyes focused on something in the distance at a 20-30° angle

- ❧ Have athlete find spot before each throw

- ❧ Repetition will fix tipping back too far

- ❧ Improves distance with better delivery position



Ride Your Drive Leg

- Keep weight shifted back on drive leg before plant foot lands
- Allow drive leg to set up before upper body comes through
 - Hip first, shoulder follows



Drive The Hip Forward

- 🐾 Problem

- 🐾 Athlete rotates hips

- 🐾 Causes

- 🐾 Fall away

- 🐾 Lose tip

- 🐾 Hip drives out

- 🐾 Solution

- 🐾 Don't tip upper body onto block side

- 🐾 Keep right foot pointed at 45° angle



Drive The Hip Forward



Keep Grounded

- ❧ Both feet on the ground when throwing
- ❧ Most Important
 - ❧ The drive leg **must** remain in contact with the ground while hip initiates the throw and transfers energy up through the body
- ❧ To do this...
 - ❧ Drive leg helps initiate a gluteal contraction
 - ❧ Hips stay level, drive forward



Keep Grounded



It's All In The Rhythm

- ❃ Good rhythm sets up your throwing motion
- ❃ Establishes fluidity during your run and throw
- ❃ Helps eliminate broken strides and pace inconsistencies
 - ❃ The dreaded fast to slow approach!



Side Quick Steps



Forward Quick Steps



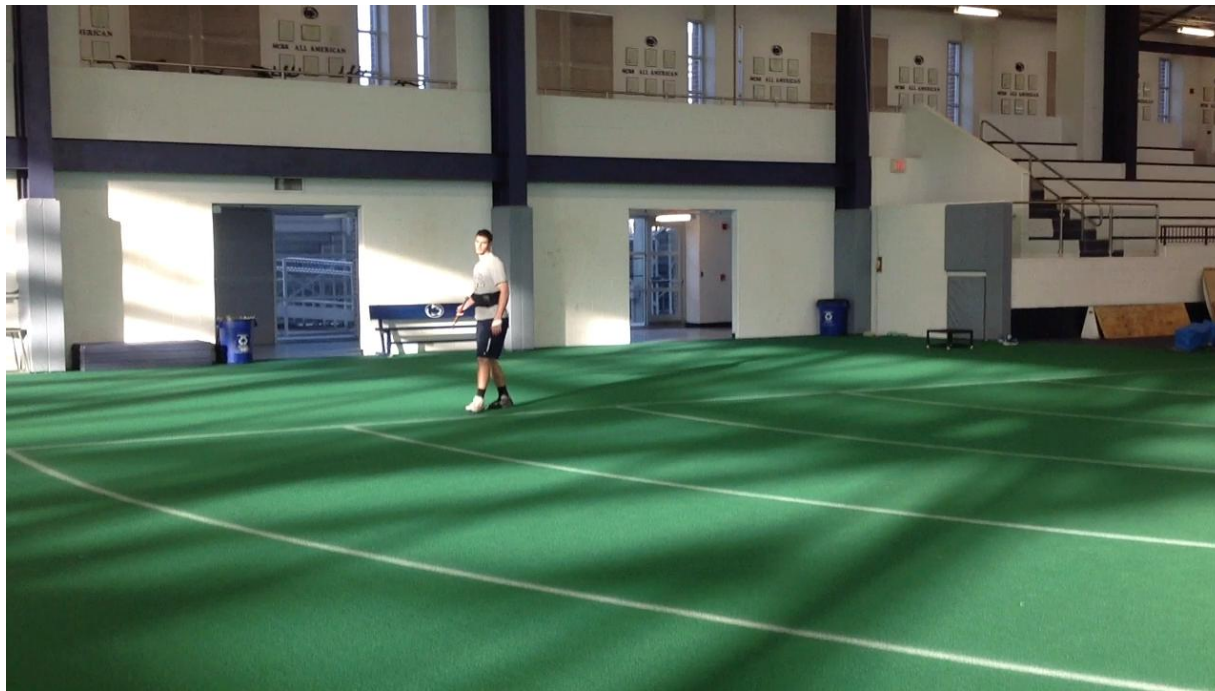
Open Palm Strides



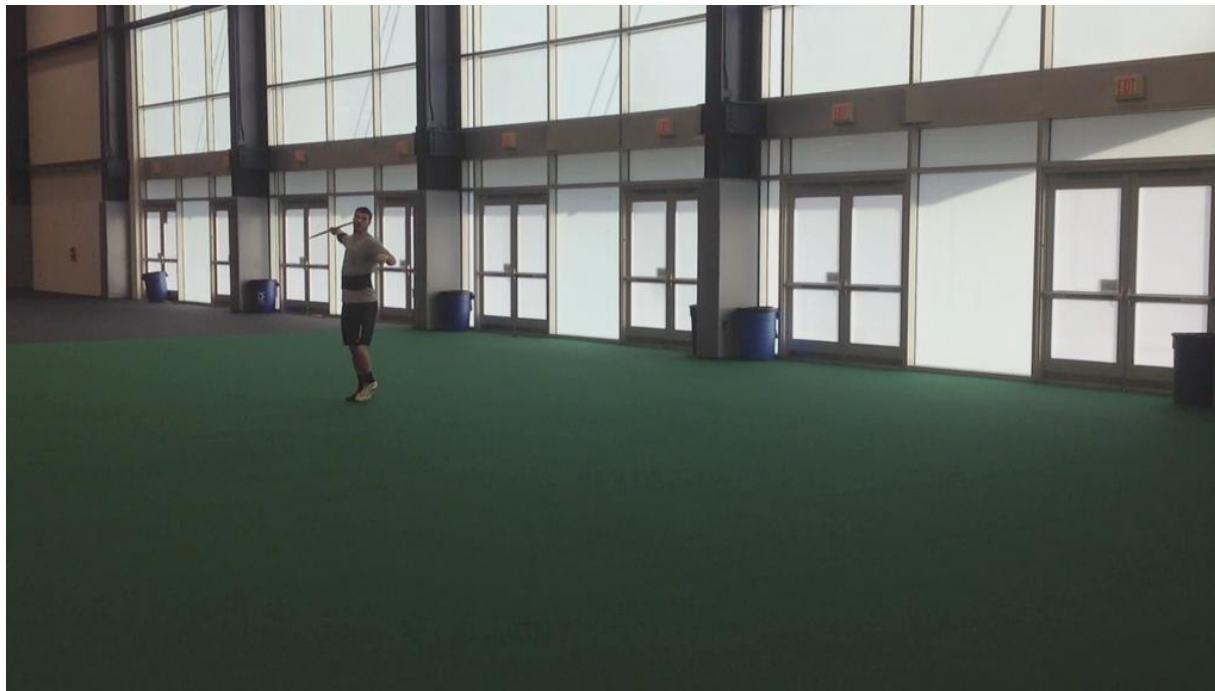
Carioca



Crossovers with 360° Turns



Crossovers 'Hesitations'



Crossovers with the Carioca



Combination



Drive Forward Not Up

- ❃ Driving forward on the penultimate stride
- ❃ Driving forward allows athlete to thrust hips forward and get ahead of rest of the body



Towel Drill



Toe In

- ❖ On penultimate stride bring toe in to 45° angle
- ❖ Right foot, knee, and hip come through *before* upper body



3-Step Box Drills



5 Hop Med-Ball Throws



Sand Pit Drills



Slow Things Down

- 🐾 Walk the drill first
- 🐾 Then jog
- 🐾 Then accelerate



Speed Is Your Best Friend

Accelerate into the throw!

- ❃ Javelin is an e l a s t i c, *dynamic*, EXPLOSIVE throw that is built up with an accelerating, horizontal approach
- ❃ Incorporate sprint training into athlete's workouts
- ❃ The faster the athlete goes → the faster and further the javelin goes



All Together Now

- ❖ Beginner throwers do this: move their front arm, then the chest, and then their throwing arm
- ❖ Top throwers do this: move everything at the same time
- ❖ Athlete must think of the “lever system”
- ❖ Front arm goes back, throwing arm goes forward
- ❖ Athlete will feel “togetherness” of upper body joints



Block to the Throw Side

- 🐾 Once athlete starts the throw, all energy should follow a block side to throwing side path



Getting Rid of Elbow Pain

- 🐾 Watch athlete from behind to make sure wrist stays inside elbow for most of the throw
- 🐾 Javelin comes up and over shoulder





Study Study Study

- 🐾 Match up videos of athletes with similar builds and styles
- 🐾 Learn what makes their throws go far
- 🐾 Size of the thrower has large affect on their technique



Throws Journal

- 🐾 Keep throwers focus on their training:
 - 🐾 Sleep
 - 🐾 Eating habits
 - 🐾 Hydration
 - 🐾 Lifting
 - 🐾 Drills that helped them throw far
 - 🐾 Throwing distances in practices
 - 🐾 Day-to-day activities that hinder training



Keep Stats

- 🐾 Dedicated journal pages to competition marks
 - 🐾 Farthest throw in their series
 - 🐾 Throw better in morning or afternoon competitions
 - 🐾 Type of javelin thrown
 - 🐾 What's the weather like



Visualize

- 🐾 Get athlete to imagine throwing a huge throw
- 🐾 Picture javelin sailing to other side of track
- 🐾 Imagine the excitement and how other people react



Questions?

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