**Montana Coaches Clinic**

 **2017

javelin session**

**Wade Nelson**

**Throws coach**

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**Coach Glenn Flatt**

**1935 – 2017**

**Malta High School**

**1959 – 2017**



**Pride in the program**

1. **Facility**
2. **Moved javelin to infield**
3. **Do it ourselves – coach Moore – get it right**
4. **Regular maintenance – move sector fresh grass**
5. **High standards – expect quality**
6. **Lots of javelins – older for drills – Javelin man**
7. **Athletes**
8. **Issues we face – softball/baseball – live/quick arms**
9. **Javelin throwers come off the track – good athletes**
10. **Coach Phillips – warm up stretches**
11. **Javelin stretches**
12. **Ulnar nerve stretch – rotate and hold**
13. **Don’t over throw – limit hard throws**
14. **No dodgeball tournaments!**
15. **Wednesday is javelin day**
16. **Older athletes mentor younger**
17. **Safety always comes first – eyes on javelin**
18. **Med balls – heavy first two weeks - 2 pound balls**
19. **Two hand overhead**
20. **Two hand with plant**
21. **One hand full extension**
22. **One hand with plant**

**Tentative weekly throw schedule**

**MONDAY – starts on grass (without ball or shot/with ball or shot) – ladders (without ball or shot/with ball or shot)**

**TUESDAY – SHOT DAY - stairs/hills – tires**

**Goal post shots – grade levels no one fails/don’t be that guy – 10 with no hits**

**WEDNESDAY – JAVELIN DAY – med balls – throw at cones/lines – javee/bungee – 3 step 5 step full approach**

**THURSDAY – DISCUS DAY – stairs/hills – bowling pins – tires**

**FRIDAY – technique touchup/mental focus – little bit of everything not much of anything – pack implements/shoes**

**The Throw**

1. **STAY LOOSE!**
2. **Visual relaxation loose left hand**
3. **Relaxed and coiled**

 **2. Carry javelin like a waiter carrying a tray of water**

1. **carry drill – down field and back**
2. **level javelin**
3. **control the tip – don’t load up – keep by eye**
4. **Take your right hand to left hand on the throw**
5. **Wrist stays inside elbow**
6. **Low tip - high tail**
7. **Block**
8. **Penultimate step – point at corner of the toe board**
9. **Left side of body stops – energy to right**
10. **Block on front of heel - not toe or heel**
11. **Javelin height comes from block not from release**
12. **Right hip comes thru and up – left foot rotates**
13. **Don’t open block foot too soon – left side caves**
14. **Approach**
15. **Start slow gradually work up**
16. **3 step – 5 step – 7 step**
17. **Full - 5 jog, 5 run, 5 sprint, cross, plant**
18. **Keep acceleration rate up-give up room-slow to fast**
19. **Visualize running and throwing thru the toe board**
20. **Give up distance to toe board for aggression**
21. **Keep eyes focused on target – throw over goalpost**

**LAUGH HARD – THROW FAR – LOVE LIFE**

