



## 2024 MCA Javelin Presentation

### Javelin

Standing throws need to be worked on for the foot turn, shoulder rotation, elbow to top of head, hip drive up (backward “C”) and delayed arm strike until the lower body is turned and hips/abs are out front. Work this until you can get the foot turn, hips, back & abs into the throw before adding movement, holding a good solid block leg.

Step and throw or 1-step throw is progression, reinforcing proper power position biomechanics. Stay back on the right, foot turn, hips/abs, shoulder rotate, elbow top of ear, release over left foot.

Three step throws are working the same as the standing but you get the knee to knee “gallop” step into the throw. The biggest thing when adding movement is not to get forward in the power position, but learning to stay back on the right even as you step, making sure the hips lead.

Five step or seven step throws are for adding some speed but be careful to still stay back and hit the power position correctly. As you progress into 5 or 7 step throws you need to be doing a lot of 15-20 meter crossovers working on leading with the left hip out front, keeping the weight back on the right. The tendency is to run forward, leading with the head and chest.

In the full throw make sure that the run-up is controlled, going from slow to fast with only enough speed for the athlete to hit the power position correctly and without slowing down. Before you progress to full approach throws make sure you are hitting the 5 or 7 step correctly. I like the four left feet method of approach into the withdrawal of the javelin and into the crossovers where you pick up speed to run away from the javelin (slow to fast).



## Javelin – What I look for in a full throw

Smooth, controlled, rhythmic approach that goes from slow to fast and the speed is maintained to the plant.

Javelin carry is level and somewhere around the top of the head or a little higher to facilitate withdraw easier. No pumping or bouncing!

Smooth withdrawal of the javelin and closing of the hips to 45 degrees to runway, run away from javelin in the crossovers. Keep the javelin level and above shoulder height.

I like to keep everything in straight lines with no “wrapping”, make sure the shoulders stay closed and 45 degree angle to runway.

Increase the backward body angle in the crossovers, keeping the weight back on the right leg. You have to do a lot of crossovers everyday learning to run leaning back with the hips out in front of the chest. Practice crossovers as part of the warm-up activity.

Right foot lands at a 45 degree angle forward, 90 degree or worse is hard to get turned soon enough. You want a “soft” right step, lowering and turning the right knee down as you let “the ground come up to you” on the left foot "heel strike". Block the left arm early to stretch the chest, rotate the shoulder (armpit up) elbow comes to top of head. Create as much distance as you can between the left foot and right hand in the power position.

Right foot has to be aggressive turning to create maximum torque between the hip and javelin, delay the arm strike until the hips and abs are out front and the classic backward “C” position is achieved. Right foot should be completely turned over as you drive into the block and deliver the javelin.

On the delivery the release is out over the left foot with increased chin lift (HEAD UP/CHEST UP) and right foot should be just breaking contact at the time of release ensuring that all the energy is driven into the javelin. The left leg acts as a hinge for the body as a vaulting action occurs over the block and then 1-2 steps of recovery depending on the speed going into the plant.

## Javelin Drills

Chain drags, Bungee pulls, Off the ramp, Off the box, Banana hurdle steps and runs, Discus wall slap, Hip pop/foot turn and "galloping block and foot turn, Left Hop/Right Hop and throw drill, Carry and cross over, med ball throws, weighted ball wall throws, Hurdles/long jump/200m/bounding