Javelin Throw

Scott Cappos (University of Nebraska)

http://www.instagram.com/scottcappos/

scappos@huskers.com

http://digitaltrackandfield.com/kc
TECHNICAL BREAKDOWN

- Run up
- Withdraw
- Penultimate step
- Plant
- Release
BRITTANY BORMAN - ONE OF AMERICA'S BEST
JAVELIN TECHNIQUE BREAKDOWN

RUN UP

- Javelin carry
- Left arm motion
- Running rhythm
WITHDRAW AND RUN TO PENULTIMATE

- Cue to speed up
- Run away from the javelin
- Left arm across and long
- Right knee drive up
- Left leg recovery
JAVELIN TECHNIQUE BREAKDOWN

PENULTIMATE STRIDE

- Right leg drive
- Right foot turn
- Left leg push
- Long arms
- Create separation
JAVELIN TECHNIQUE BREAKDOWN

PLANT

- Right foot placement
- Separation
- Right arm long and up
- Left arm across/long
JAVELIN TECHNIQUE BREAKDOWN

RELEASE

- Push forward with the legs
- Left arm clearance
- Left leg solid
MAJOR INDIVIDUAL DIFFERENCES BETWEEN THROWERS

- Run up
- Penultimate
- Plant
- Release
JAVELIN TEACHING

- Grip (Fork and Finnish)
- Medicine ball throws
- Javelin throws
- Running
THROWING PROGRESSION

- Medicine Ball Throws
  - Arch and Throw
  - 1 Step Throw
  - 3 Step Throw*

*Note: 3 Step Throw may require additional equipment or supervision.
JAVELIN THROW PROGRESSION

- Straight arm throws
- Stand throw*
- 3 step variations*
- 5 step variations*
JAVELIN THROW

STAND THROW
JAVELIN THROW

WALKING 3 STEP THROW
JAVELIN THROW

DYNAMIC 3 STEP THROW
WALKING 5 STEP THROW
JAVELIN THROW

DYNAMIC 5 STEP THROW
JAVELIN THROW APPROACH PROGRESSION

- Jog with javelin withdrawn*
- Walking 5 step
- Dynamic 5 step
- Walk into 5 step throw*
- Jog into 5 step throw*
- Shuffles into the penultimate step

Have a short and long approach ready

Use checkmarks
JOG WITH JAVELIN WITHDRAWN
WALK INTO 5 STEP THROW
JOG INTO 5 STEP THROW
JAVELIN SPECIFIC MEDICINE BALL THROWS

- Seated
- Kneeling
- G/H Machine
- Standing
- With Steps
THROWING DRILLS

JAVELIN SPECIFIC MEDICINE BALL THROWS
JAVELIN TECHNICAL KEYS

- Build up speed during in the run up
- Accelerate when withdrawing the javelin
- Drive up and out on the penultimate step
- Right foot pre-turn
- Left side block
CIRCUIT SAMPLES

**Javelin Specific Circuit x5**
3 hops to power position (opposite side) x5
Walking 5 step with barbell across the back x5
Hi-knee running with javelin withdrawn over 10 mini hurdles x5
3 hops to power position x5

**Throws-Jump Circuit (3 kilo shot women/ 5 kilo shot men) x5**
Overhead shot put throws for distance x 10 throws
3 double leg hops in the sand x10
Front shot throws for distance x10 throws
3 single leg hops in the sand x5e
**THROWING WORKOUT SAMPLES**

*Day 1 of throwing javelin*

Throws with javelin
Arch and throw x10
Standing throw x10
1 step w pause and throw x10

*Day 2 of throwing javelin*

Throws with javelin
Arch and throw x8
1 step w pause and throw x8
Walking 3 step w pause and throw x8

**Javelin Style Medicine Ball Throw**

Walking 3 step throw x10
Dynamic 3 step throw x10
JAVELIN BONUS

TRAINING SAMPLES

Javelin Throwing (Early Season)
Easy throws up and down the field 4 x 75-80 meters
Walking three step throw on grass x 8
Dynamic three step throw with high right knee drive x 6
Dynamic five step throw with high right knee drive x12

Javelin Throwing (Mid Season)
Easy throws up and down the field 4 x 75-80 meters
Walking three step throw on grass x 6 throws
Dynamic three step throw with high right knee drive x 4
Dynamic five step throw with high right knee drive x4
Jog into dynamic five step throw x12-15 (check marks)
SPRINT TRAINING

- Various starts (10-30m)
- Sprint mechanics
- Sled pulls for strength
- High knee running (mini H)
- Approach runs
  - Short approach
  - Long approach
SCOTT CAPPOS - UNIVERSITY OF NEBRASKA

REVIEW

▸ Technique Breakdown
▸ Teaching Progression
▸ Medicine Ball Throws
▸ Technical Keys
▸ Training Samples

QUESTIONS?

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