

COACHING HIGH SCHOOL JAVELIN



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Points of Emphasis

- We need to make Track and Field fun - monotony to our sport
- Promote competition in practice
- You don't need to throw every day
- Develop technical proficiency
- High expectations
- Celebrate improvement



Pre-Season

- Our pre season consists of the 4-5 weeks before competition (I do not start before official start date - differences in opinion on this)
- Focus is on basic event skills - (proper grip, proper release, crossover movements, proper carrying of the implement, proper body positioning, proper footwork)
- Very limited full “competition” throwing
- Assessing individual ability - setting goals and expectations from there
- Most of our athletes are multi sport athletes - they are working year round - adjusting for sport specific strength and agility
- Seniors may require more monitoring (lifting)



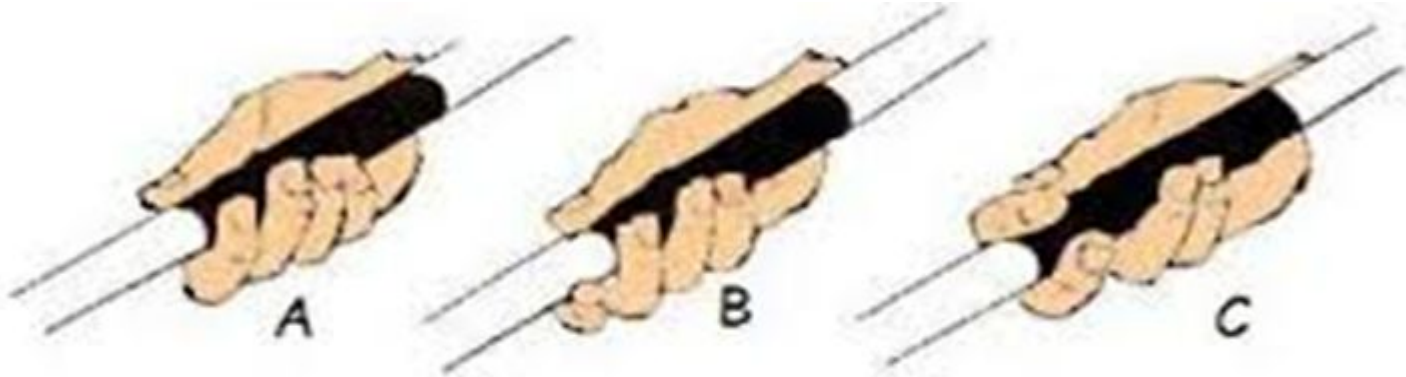
In Season

- We do not throw every day (covid changed this a little last year)
- Everyone starts with basic skills - older/experienced athletes may progress to advanced drills/practice plans faster
- Having a training plan/practice plan.
- Should be focused each day - even throwing days should have a focus/goal for the day - we don't throw just to throw
- Be willing to change plans based on fatigue/injury/schedule/etc.

The Grip

3 standard grips - a. American b. Finnish c. Split-Finger

- Athletes should experiment with all three
- Coach correct grip throughout the year - check grip frequently





Before we throw - Daily

WARM UP EVERY DAY - do not just go and throw

- Dynamic stretching
- Med Balls
- Agility ladders
- Hurdle Mobility drills



Practice throws

Start daily by easing into our throwing - good active throwing warm up (target throws/picking)

- Focus on correct carry, correct grip, correct mechanics
- Continuation of warm up for Javelin throwers

Stressing Long arm action and solid technique

- Pulling the javelin - not throwing
- Long pull
- Tip control
- Proper release
- Rotational activation



Practice throws warm up

- Shoulders forward - reaching back/arched back - single arm
- Shoulders forward - reaching back/arched back - 2 hand overhead pulls
- Lead shoulder facing target - standing position - rotational finish
- Lead shoulder facing target - 3 step walking approach with rotational finish

Walking the field - focused warm up - fixing mistakes in carry, mechanics, grip etc.

MOVE ON TO SPECIFIC PRACTICE GOALS



The Approach - Drills and Focus

We work our crossovers daily (typically 20 - 40 yard runs)

- Walking crossovers progressing through pace up to running into crossovers
- Crossovers with and without implement
- Goal is to move as fast as possible without breakdowns in mechanics - every athlete will have a different capacity

Approach runs indicators I am looking for

- Posture (tall while maintaining agility and “bounce”)
- Foot strike - coaching correct footwork mechanics (no stomping, foot turn)
- Control of the implement - if it falls apart, slow down - **TIP/Tail Control**
- Shoulder/Hip Positioning

We can adjust approach runs based on individual need and ability

Delivery of the Implement - Progressing to full throws



I like to work backwards in teaching the throw

- Start with three steps (focus on crossover - impulse (soft step) - plant)
- Progress with Progress - extend approach when proficiency is demonstrated

Focus:

- Knee turn through impulse step
- Working from the ground up
- Left side block - high degree of difficulty for athletes
- Tip control

Slower is better to start



Foot/Knee not turning

Good Tip Control

Reaching With Toes



Foot Turning - Heel off ground

Good Tip Control

Toes UP



The Throw

- Create the angle with your hips/not the shoulders
- Work from the ground up
- Encourage them to hit a block - make them understand what it looks like and what it means
- Create a stretch/activate the stretch reflex (Reverse C position)
 - Maintain reach through the throw
- Throw with your body
- Arm Speed - the faster it moves the further it goes
- **Typical Problems** - Loss of the tip - Dropping of Arm - Winding up before throw - Break of the wrist



Practice Plan

- Establish a routine
- Always stress the warm up
- Be willing to adjust
- You do not have to take full throws every day - over the years I have reduced throw volume significantly (full implement throws)
 - Mix in circuits (crossovers, med ball drills, javae pulls, nockenballs)
 - Drills focused on specifics of the throw
- Crossovers every practice

General Practice Plan



Monday

- Dynamic stretching
- Med ball
- Javelin specific warm up (arm drills/stretching) -
Target Throws
- 3 steps/5 steps
- Crossover runs
- Plyometrics

Tuesday

- Hurdle Mobility drills
- Agility Ladder
- Med Balls
- Jav warm up
- 3 steps/5 steps/Full throws
- Crossover runs
- Conditioning

Wednesday

- Dynamic Stretching
- Med Balls
- Javelin Circuit

Thursday (pre - meet)

- Hurdle Mobility
- Agility ladder
- Med Balls
- Jav warm up
- Work to full throws - emphasis on quality not quantity
- If not a pre-meet practice we spend the extra time on individual corrections

Friday - Meet Day

- Throw far



Keys to success

1. Throws need to be a supported part of your program - need equipment, tools, facilities, support
2. Video - a huge part of our program - kids need to see it - you need to see it
3. Communication with your athletes - explain the why not just the how
4. Be present - be excited
5. Know the rules
6. Continue to learn
7. Stress safety at all times
8. Success is a habit
9. Coach everyone
10. Have high expectations

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