

COACHING HIGH SCHOOL JAVELIN

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Pre- Season

- Training

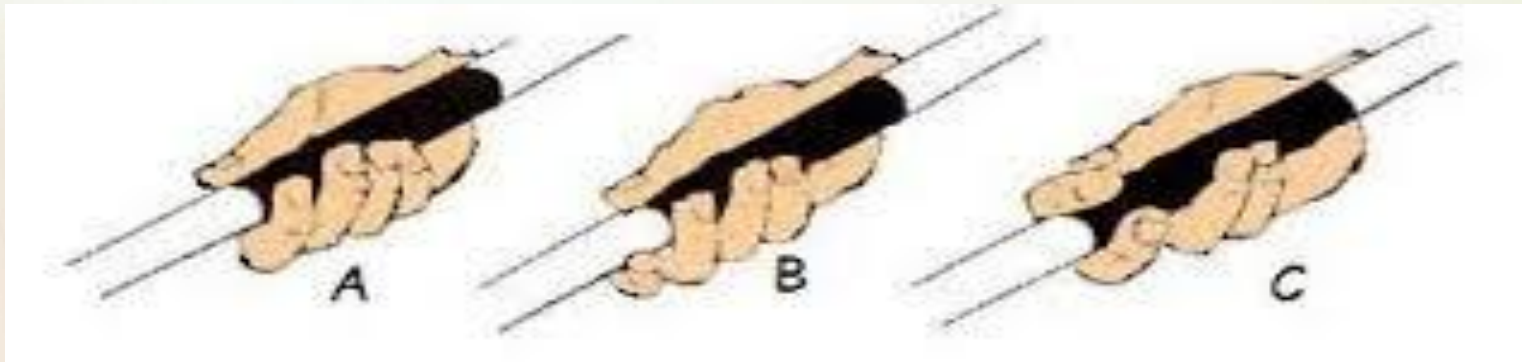
- Weight Training (use the resources around you)
- Work with other program coaches
- Have a specific training plan
- Goal is to build a strength base to prevent injury
- Does not have to be extensive (stick to the basics)
- Develop program goals/plan
- Talk to other coaches (This should continue throughout the season)

Start of Season

- First day of practice should address event/program expectations
- We are teachers - teach athletes the basics and the fundamentals - slower is better
- Establish relationships - you are trying to build a sustainable program
- Have a plan
- Be willing to change that plan
- **ALWAYS STRESS SAFETY FIRST**

The Basics

- The Grip
 - Three standard grips



-Have athletes experiment with all - they are throwing the implement - not you

Before We Throw

- Warm up - EVERY DAY
- Dynamic Stretching
- Static Stretching
- Med Balls
- Agility Ladders - footwork/quick feet
- Pushups/Ab work

Start of Season

- After/during teaching the grip - I always start my season with target throws
 - Continuation of Warm Up
 - Start of each practice for Javelin Throwers
- Stress Long arm and correct mechanics
 - Pulling - not throwing
 - High pull
 - Close to head
 - Tip control
 - Follow the javelin with thumb down

Target Throws

- Shoulders forward - pulling Javelin to target (stress chasing the javelin)
- Shoulders forward - 2 hand overhead pulls
- Shoulders Turned
- Shoulders turned 2 steps
- Walking the field
- Head up/Eyes up/Chin up

The Approach

- Walking crossovers with implement
- Running crossovers with implement
- Go as fast as you can while doing it right
- Work Crossovers each day
 - Regardless of their approach length
 - Do not allow carioacas
 - 20 - 40 yards
 - Posture (correct mechanics - tall - bounce)
 - Speed/Quick feet
 - Work from the front of the runway to the back

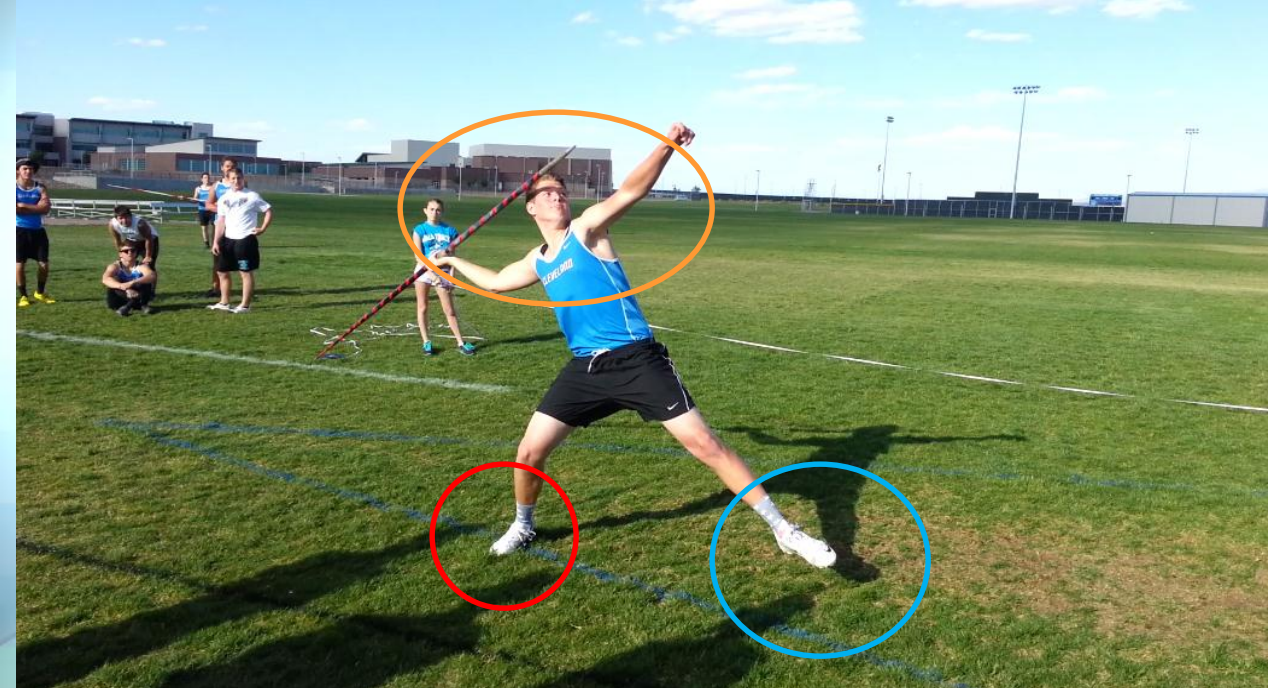
ALWAYS IN CONTROL OF THE TIP - at eyebrow

Common Problems - Inability to execute full approach - Loss of form in approach/breakdown of posture

Pre-Delivery of Implement

- Work backwards (from the end of the throw to the beginning)
- Stress the correct sequence of steps
(Crossover/Soft Step/Plant)
- Start with 3 steps - progress with Progress - Extend approach
- Soft step Power leg
- Knee turn power leg
- Work from the ground up
- Stick plant/block leg in the ground
 - Heel first/toes up
 - TIP CONTROL

Common Problems - Starting too early - Incorrect foot placement - Losing the tip - No blocking - Dropping the arm



Foot/Knee not turning

Good Tip Control

Reaching With Toes



Foot Turning

Good Tip Control

Toes UP

The Throw

- Always stress mechanics over distance
 - Safety
 - Distance will develop with proper mechanics - will stagnate without
 - Big muscles vs small muscles
 - Pull the javelin
 - Throwing up a cable

The Throw

- Create the angle with your hips/not the shoulders
- Work from the ground up
- Encourage them to hit a block
- Create a stretch/activate the stretch reflex (Reverse C position)
- 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



In Season

- Establish a routine
- Always stress the warm up
- Be willing to adjust
- You do not have to take full throws every day
 - Mix in circuits (crossovers, med ball drills, javae pulls, nockenballs)
 - Drills geared toward javelin specific movements (Back/shoulders/Lats/Core)
- Crossovers every practice
- Find a schedule that works for your athletes

General In Season Practice for Javelin at CHS

- **Monday**
 - Dynamic stretching
 - Agility ladder
 - Med Balls
 - Static Stretching
 - Target throws
 - 3-5 step Throws
 - Crossover Runs
 - Conditioning
- **Tuesday**
 - Hurdle Mobility Drills
 - Dynamic stretching
 - Med Balls
 - Static Stretching
 - Target throws
 - Full throws
 - Core Work
- **Wednesday**
 - Dynamic Stretching
 - Agility Ladder
 - Med Balls
 - Static Stretching
 - Javelin Circuit (next slide)
- **Thursday**
 - Hurdle Mobility
 - Dynamic stretch
 - Med Balls
 - Static Stretch
 - Target throws
 - Individualized focus drills/throws (take into account an aspect of each athletes deficits and have them work on this)
- **Friday - Pre- Meet**
 - Dynamic stretch (abbreviated)
 - Med Balls (abbreviated)
 - Static Stretch
 - Target throws
 - Limited throws
- **Saturday - MEET DAY**

Video

- It's important to film your athletes
- I film every varsity meet throw
- Film practice
- Make film review a part of your routine as well as your athlete's
- Benefits far outweigh the negatives

Communication with athletes

- Create an environment that encourages communication
- Explain WHY we do things a certain way
- Explain things 10 Times 10 Different ways
 - Sometimes kids are listening but they're not hearing
- Be Present

Communication with Coaches

- Competition is healthy and important, BUT...keep in mind
- Coaches are our best resource
 - Benefit from another perspective
 - Sometimes we don't see what others may see
 - We have highly knowledgeable coaches in this state
- We don't always have all of the answers

Coaching Responsibilities

- ALWAYS STRESS SAFETY
- Develop a coaching philosophy
 - Don't be afraid to adjust and make changes - We are always learning
- Teach your athletes the rules of the sport
- Set high expectations - not just with final results
- Encourage and develop excitement
- Always work to make the throws important
- Build a team