

Developing A Javelin Thrower




John Hetzendorf
 Assistant Track and Field Coach Wichita State University
 Email: jhetzendorf@goshockers.com
 Phone: 316-978-5546
 Twitter/Instagram: @CoachHetzendorf

WICHITA STATE
 TRACK & FIELD/CROSS COUNTRY

How do you develop a Javelin thrower???

1. **Develop Technique**
2. **Javelin Specific Training**
3. **Training to be a better Athlete** (Bio-motor Abilities)










WICHITA STATE

TRACK & FIELD/CROSS COUNTRY

Top Ten List Women

1. CARLEA HOLT	164-11	2016
2. Erica Evans	159-10	2008
3. Vicki Webb	159-10	1999
4. Allison Berry	158-7	2002
5. Krystal Bowes	152-7	2002
6. Meagan Williams	151-1	2014
7. Breanne Borman	150-11	2016
8. Jenna Fast	146-6	2006
9. Andrea Navarro	145-7	2016
10. Kelsey Tenbrink	144-10	2017


Top Ten List Men

1. DAMIEN ODLE	240-8	2016
2. Trent Mazanec	238-1	2010
3. Brett Trudo	237-7	2008
4. Jon Rizzo	232-10	2013
5. Dylan Reimer	230-5	2016
6. Jay Krom	229-9	1997
7. Aaron True	229-3	2017
8. Kyle Becker	225-1	2008
9. Chase Pate	221-10	2016
10. Adam Capps	218-10	2010

Javelin Technique

Grips

- > A.) American
- > B.) Finnish
- > C.) Fork
 - ***Which ever grip you are using the javelin should sit in the groove of the palm, and the fingers should have leverage on the back of the grip**



Javelin Technique

- The Javelin Position
- The Throwing action
- Impulse/Penultimate
- The Approach/Run Up

Javelin Technique

- The Javelin Position
 - > Alignment
 - The Javelin should be parallel to the shoulder axis in both the vertical (frontal) and horizontal (transverse) planes.
 - The Javelin tip should stay tight to the eye/temple.
 - Elbow higher than the shoulder plane
 - Good alignment allows for clean and efficient flights, and reduces the risk of injury
 - > Body
 - Right foot touch down under Center of gravity
 - Loaded flexed right leg on the ball of the right foot
 - Left leg and foot leading and prepared to plant
 - Hips open or closed???






Javelin Technique

- **The Throwing action**
 - > Starts with proper javelin position
 - > Hold javelin shoulder alignment into the plant
 - > Car Crash analogy
 - Javelin thrower(car) runs into the plant (wall) crashing the thrower into the left leg block launching the javelin (No Seat Belt)
 - > Stretch reflex
 - > Whole body whip
 - Heel, knee, hip, stomach, shoulder, elbow, hand/javelin Whole body whip

Javelin Technique

- **The Throw**
 - > Upon Right foot touch down square the hips/unload the right leg into the plant, while holding upper body position.
 - Run right over the right quick right left transition
 - > Carry your run up speed into the plant
 - > Soft but active right leg action to transfer momentum into the plant/block. Unload the right leg into the left plant, don't get stuck
 - > Square the hips and stomach into the plant keep arm long and shoulders closed
 - > Maintain Shoulder/javelin alignment into the plant
 - Plant the left side together, left shoulder in line with plant/leg
 - > Slam the door: Lift side is the hinges right side slams shut initiating the throw
 - > Arm Action : Palm up; arm long; elbow to the ear arm pit to the sky; Strike
 - > Left shoulder fulcrum

Javelin Technique

- **The Impulse/Pen Ultimate (throwing cross over)**
 - > Transition from Crossover running to throwing
 - > Run off the left leg, Punch the left hip into the throwing direction
 - > Run the hips ahead don't reach back with arm and shoulders
 - > Drive the right knee across don't reach(over sweep) with the right foot and leg
 - > Emphasize left leg run off over right leg sweep
 - > Right foot touch down under the Center of Mass
 - Land in a good javelin throwing position
 - > Left to left(quick right left transition)
 - The harder you run off the left, the harder and quicker the plant

Javelin Approach

- **The Approach/Run Up**
 - > Slow to Fast accelerating rhythm
 - > Consistent and repeatable
 - > Sets up a good throws position

Javelin Approach

- **Carry Phase**
 - > Carry Javelin level
 - > Palm to the sky hand near the ear
 - > Run tall lift the knees(A-run into Cross overs)
- **Draw Back**
 - > Run the hips ahead
 - > Run into the Javelin Position
 - > Right foot or Left foot drawback
- **Crossovers**
 - > Cross Run in the position you want to throw from! The javelin position
 - > Good crossovers are a must
 - Reach, grab, pull, push away
 - > Step patterns.... No rules...
 - Not ready to throw need more speed add cross overs
 - Slowing down/losing position do less crossovers
 - An individuals technique dictates step patterns
 - > The Run up should be comfortable and repeatable

Javelin Specific Training

- **Training for the Javelin**
 - > Med-Ball
 - General
 - Javelin OH movements
 - Single arm and double arm
 - Weighted ball throws
 - > Javelin Running
 - Javelin carry runs
 - X-Overs
 - Run-X-Run
 - Pen-Ultimate Runs
 - Approches
 - Partner Stretch
 - > Javelin Specific Lifting
 - Pull over and variations
 - Med ball Pull Overs
 - > Shoulder Flexibility
 - Javelin Stretches
 - Partner Stretch

Training Physical Abilities

Training to be a better athlete generally helps thrower throw farther

- Training the Athlete
 - > Running
 - Speed Endurance
 - 100-200m fast long recovery 6-8 mins
 - Tempo Intensive and Extensive
 - Intensive tempo 100-200m 70-80% effort longer recovery 90s-2min
 - Extensive tempo 100-200m 60-70% effort 45-90s recovery
 - Sprinting
 - 20-80m All out sprint, as fast as possible. Total recovery 3-5 mins
- Training the Athlete
 - > Plyometrics
 - Hurdle Hops
 - Box jump
 - Bounding single and double leg
 - > Weightlifting
 - Olympic Lifts
 - Cleans, Snatches, and Push Press/Jerks
 - Power Lifts
 - Bench Squat Dead lifts and Variations
 - Accessories
 - Injury Prevention

Thanks!!!

Any Questions???