

Throwing | Javelin

The javelin is a spear shaped implement that is thrown overhead with one hand. Successful javelin throwers must have a good range of motion in the shoulder, as well as speed and coordination.

- ◆ **Grip:** The athlete grips the javelin with one or more fingers behind the cord. The palm faces up for the run-up and throw.
- ◆ **Run Up:** A run-up is used to help build momentum. It should be smooth and rhythmic. At the beginning of the approach, the javelin is held near the ear and parallel with the ground.
- ◆ **Final Approach:** About 15-20 feet from the foul line, the athlete moves the javelin back into the throwing position. Running with the spear back initiates cross steps. Three to five cross steps are common.
- ◆ **Throw:** A right-handed thrower will brace the left side firmly on the final cross step and allow the throwing side to whip around. The key to the throwing action is to be aggressive with the hips while being patient with the arm. This causes a big stretch and helps develop torque.

Finnish Grip

Middle finger and thumb push against cord



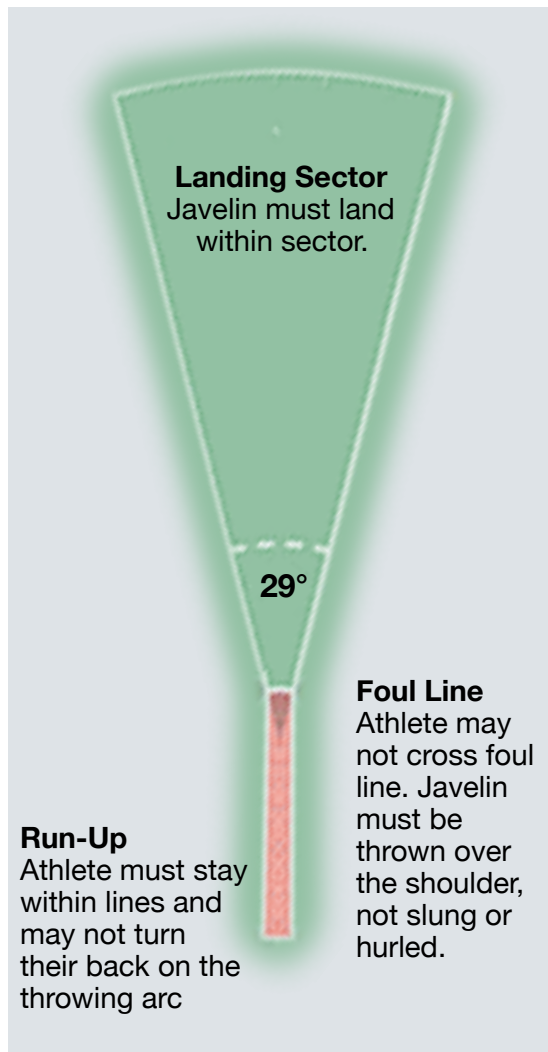
Forked Grip

Thumb wraps around the top of the cord, and the index and middle fingers push against the cord.



Run-Up

Athlete must stay within lines and may not turn their back on the throwing arc



Men's — Length: 2.6m-2.7m **min. weight** 800g



Women's — Length: 2.2m-2.3m **min. weight** 600g



MPower TurboJav — Length: .71m **min. weight** 300g

World Records in the Javelin

Division	Distance	Name	Division	Distance	Name
Women	237'1"	Barbora Spotakova	Men	323'1"	Jan Zelezny
Girls 9-10	121'10"	Mystasia Alexander	Boys 9-10	144'11"	Eugene Brooks IV
Girls 11-12	150'4"	Hannah Carson	Boys 11-12	178'11"	Aaron Potter
Girls 13-14	173'6"	Hannah Carson	Boys 13-14	195'7"	Adam Sparks
Girls MPower*	23'0"	Ella S.	Boys MPower*	71'6"	Jack J.

* MPower equipment is modified, so distances will be much shorter

How to Practice At Home

Helpful Drills

Cariocas

- ◆ Start with your feet a little wider than hip-distance apart, knees soft.
- ◆ Use your left foot to push off, crossing it behind the right foot and transferring your weight onto it.
- ◆ Move your right foot to the side until you are back in your starting stance.
- ◆ Now cross your left foot in front, stepping into it.
- ◆ Move your right foot to the side.
- ◆ Continue moving to your right, crossing the left foot behind, then forward until you reach the end of your planned distance.
- ◆ Now reverse directions and alternating crossing your right foot behind then forward until you reach your starting point.
- ◆ This helps to work on your lateral shuffle (cross steps) before your throw.

Prone T's:

- ◆ Lay on your stomach with your arms out to the side, forming a "T" with your body.
- ◆ Squeeze your shoulder blades together and raise your palms off the ground.
- ◆ Hold for 3 seconds and repeat 15 times.
- ◆ This helps to strengthen your shoulder muscles that can help to balance out your throwing muscles.

Ball Throws:

- ◆ Throwing a non-aerodynamic implement (like a softball) can help javelin throwers work on footwork and the development of the hips and trunk without worrying about perfecting the flight.
- ◆ When you throw, be sure that your palm is facing up and the throwing arm is not crossing the mid-line of the body on your follow through.
- ◆ Try a two-handed overhead throw with a very light (1-2 pound) medicine ball. The two-handed throw puts the throwing hand in a position that simulates the javelin release.

Javelin Throws:

- ◆ Make your own practice javelin (instructions below) and practice various aspects of the javelin throw.
- ◆ Try different grip positions and practice the following throwing approaches:
 - ▶ from a stand still
 - ▶ from a 5-step, cross-step approach
 - ▶ from a 10-step run-up and approach with cross-steps on the last 3-5 steps

Equipment

DIY | Javelin

Did you make your own hurdles??? If so, you can use one of the side posts as a practice javelin! If not, follow the instructions below.

Material List:

- ◆ 1" Schedule 40 PVC pipe | cut to 26-inches in length
- ◆ 2- 1" PVC end caps

Assembly:

- ◆ Attach an end cap to each end of the PVC pipe.