Javelin

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What we well cover

- Beginning Drills
- Cross over drills
- Carry drills
- Transitional drills
- Finishing drills
Plan for Success

- Make a plan
  - Write it out, make sure everything has a purpose
- Sell the plan
  - Make sure you and your athletes are on the same page
- Stick to the plan
  - Can deviate but make sure it follows the overall plan
- Review the plan
Beginning Drills

- Wrist Flips – finish thumb down
  - Hand Only

- 90 degree flip

- Long arm flip
Beginning Drills

- Power fronts with med ball
  - 1k ball
Partner Drills

- Partner shoulder rotations
- Partner Pull through
Cross over

- Key to all these drills is the javelin is parallel to shoulders and hips
- Tip eye level and flat javelin
- Palm turned over and up
Cross over Drills

- Walking 5 step with finish
- 3 step lay back
  - Watch for the right crossing the left on after penultimate
- 5 step lay back
- 20 meter cross over
  - Stay tall, knee drive
- 20 meter cross over with bungee
Carry

- Carry should be a comfortable position
  - I teach newcomers over head tip down
  - As they become for advanced, this can change
- Same body mechanics as a sprinter
  - Stay tall and allow for force production underneath the body
- Push theory – same for cross over
Transition

• Smooth and comfortable with out much additional movement

• Beginners we teach 5 and 5
  • Start with left, finish with left
  • More advanced you can add more steps in the carry
  • Stick with 5 steps for the cross over

• I suggest not to count, place your start and check point and then practice that mark. Counting is just another thing in their head.
Finishing the Throw

- Allowing efficiency of velocity of the approach and converting it into release velocity.

- Starting from ground up
  - Hit the hips, ride the whip, and hang on until arm strike
Finishing Drills

- Plant skips
- Sand Pit plants
- Bungee drills
  - One step
  - 3 step
  - 5 step
High School Plan

- Early Weeks of Season
  - Med Ball High Volume
  - Partner Drills – working alignment and positions
  - Finishing Drills
  - Not much throwing
  - Cross Over Drills
  - 3 step, 5 step, short approach work
  - Minimal full throws
High School Plan

• Mid Season

• Count full throws throughout the week
  • Every athlete is different on amount they can handle but not more then twice a week and that is counting a meet.
  • A fresh arm will always throw farther then a dead arm. Especially last spring during the end of the season.

• Practice in all conditions and develop a routine
Biggest piece of advice

- Develop a plan and stick to it.
  - There will be bumps but roll with them
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