

Javelin Technique



Presented by Mike Hieb

Grip

Fork



American



Finnish



THE BEST GRIP!

Stages of Throwing

- Warm Up – Stretches
- Forward Toss Standing
- Power Position Standing
- Walking
- 3 Step (Jump the Creek)
- 5/7 Step
- Modified Full
- Full



Common Mistakes When Beginning

- Pulling down on the javelin (Release at the top of the arc)
- Pulling across the javelin (Thumb down)
- Javelin not on the temple (Roll wrist inward)
- Dropping the tail of the javelin (Up and away)
- Picking up back foot (Load the back leg and leave the foot down)
- Low elbow (High five)

Flight

- Through the Point (Pull handle through the tip)
- Focal Point (Cloud/Tree)
- Release Angle (30-35 degrees)



Fun Drills to Learn Flight

- Cone Drills
- Hula Hoop in the air
- On turf “Yard game”
- Golf

From The Ground Up



Things To Focus On

- Foot/Head Position (Head over knee/toes)
- Back Foot Angle (2-2:30)
- Direction Of Back Knee (Down and in)
- Heel Out

THE “DOOR HINGE” EFFECT

THE ROLE OF THE RIGHT SIDE



THE ROLE OF THE LEFT SIDE



RUN-UP MECHANICS



- Approach speed is a contributor to overall distance
- Acceleration should happen during the final x-step
- Left leg pulling/Right Leg push drive action during cross steps
- Hip position / angle
- Shoulder / javelin axis
- Withdrawal position (lateral shift vs “tipping”)

CROSS STEP TO BLOCK RATIO

- 1.3-1.5:1 The impulse step is clearly longer than blocking step
- Sets up position for effective use and transfer of kinetic energy
- Right foot landing under left shoulder creates ideal body angle





DELIVERY MECHANICS

- Cross step to block ratio
- Shoulder axis and left side
- Kinetic chain patterning
- Block quality
- Transfer of rotational energy to linear



SPECIFIC DEMANDS - MENTAL

Concentration:

- Ability to focus on the right thing at the right time.
- Words to cue “feeling” = stops “thinking”
- Separating technique from the throw - “Train technique to let go of technique
- Process vs Outcome
- Relaxation / Rhythm

Questions??

