



THE AMERICAN GRIP

The thumb and the first two joints of the index finger are behind the cord.



THE FINNISH GRIP

The thumb and the first two joints of the index finger are behind the cord, while the index finger supports the shaft. The extended finger assists the rotation of the javelin during delivery.



THE "V"-GRIP

The javelin is held between the index and middle fingers behind the cord. The position of the fingers assists the throwing arm in staying at shoulder height during the approach.



Stander, 2006



THE APPROACH (RUN-UP)

Can be divided into two parts

CYCICAL

Running with the javelin in the carry position

6-12 strides

Optimum approach velocity should be reached at the end of the cyclical part, and this velocity should be maintained until final foot contact.

ACYCICAL

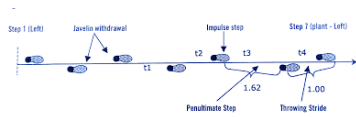
5-7 strides

Withdrawal phase 1-1½ or 2 strides

Intermediate strides 1-5 strides

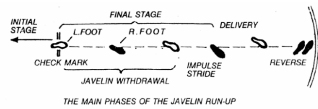
Impulse stride (penultimate stride)

Throwing or bracing stride









Step One

Throw anything!

Rocks, balls, sticks

Easy Far - Relaxed

Step Two

Introduce Javelin

Grip

Carry

Walk with it

Step Three

Standing Throw

Play with different release angles

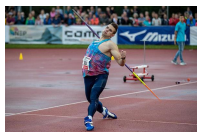
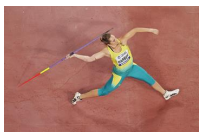
Throw with your legs

Learn & get familiar with "C" Position



Step Three

"C" Position







Step Four

Step & Throw

Toe>Knee>Chin>Make a Bow>See it Go!

Active right side

Long left arm

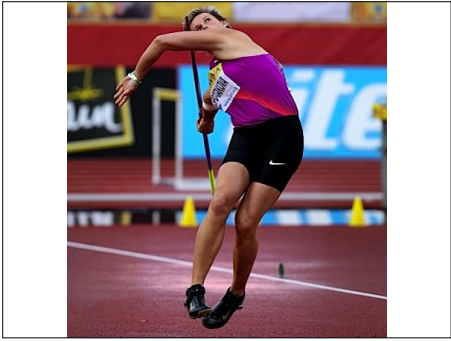
Rhythm



Step Five

Left - Right - Left

Rhythm - Count it out!



Step Six

Right - Left ——— Right - Left

Run away from the javelin

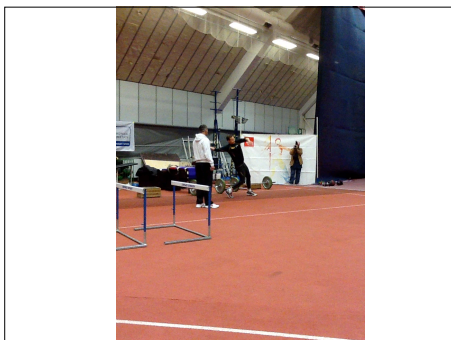
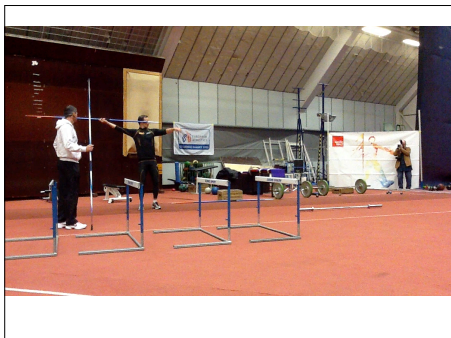




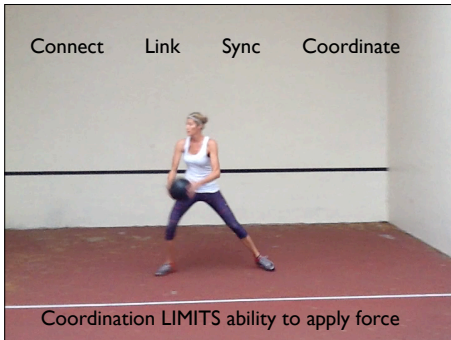
Simple Drills

Runs in carry position

Raw Egg Runs -
Palm up, javelin withdrawn, no tension



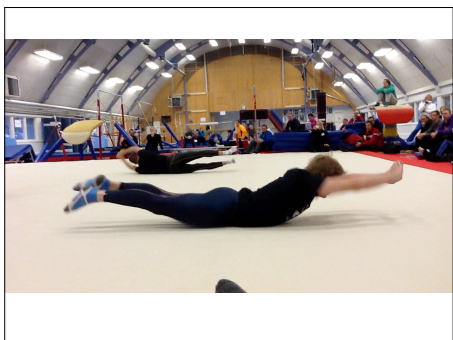


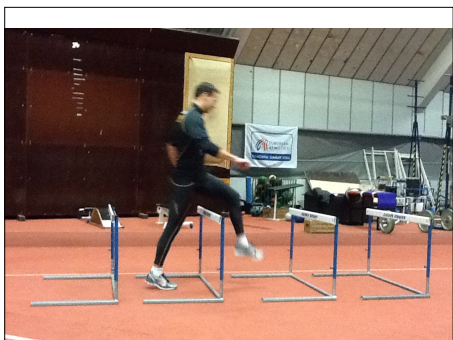


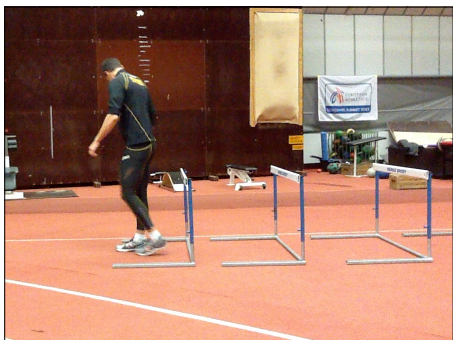






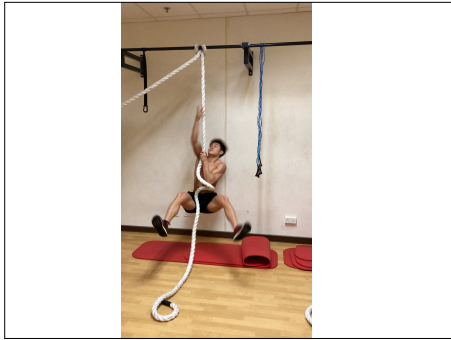




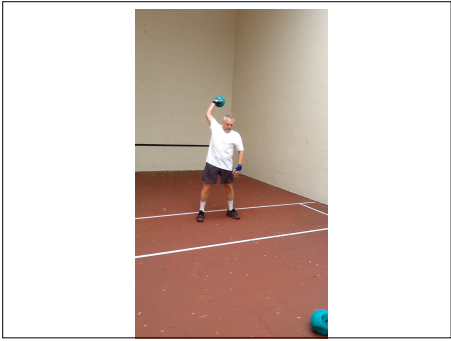




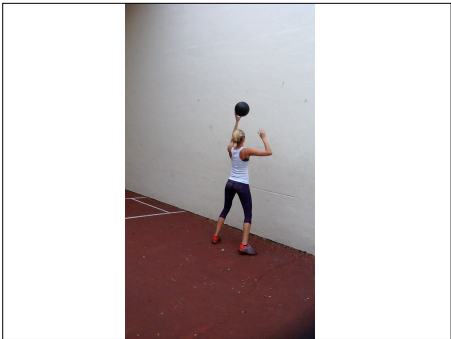




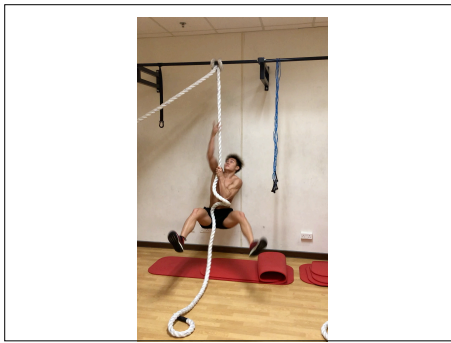


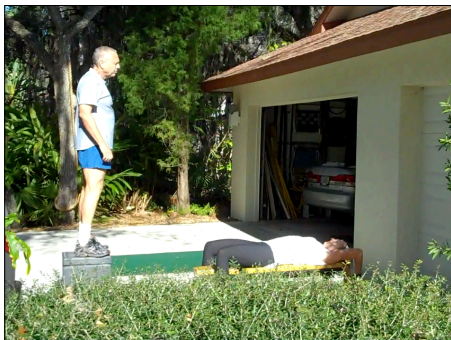






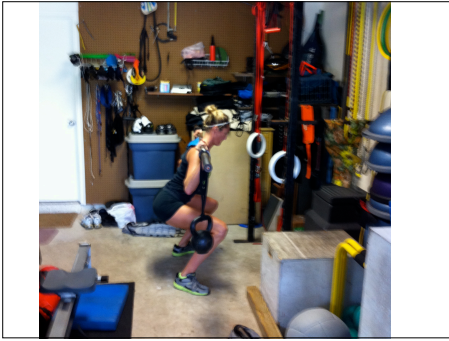














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