

Starting Javelin from the Ground Up

Flip Courter
Grain Valley HS



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INTRODUCTION

1. THANK YOUS
 - MTCCA for inviting me to present
 - My wife (Laura) and kids (Caffrey & Casen) for supporting my jav obsession & developing theirs too
 - Tyler Rathke for started me with javelin in 2019
 - Erik Stone and Nick Small (Grain Valley Field & Track HCs) for bringing me into their program
2. ATHLETIC BACKGROUND
 - Track family: Bro (Rich), Nephews (Bryant & Jason), Cousin (Adam), Kids (Caffrey & Casen)
 - 4 event "athlete" at North Daviess HS (Jameson, MO)
3. T&F COACHING BACKGROUND
 - Head Junior High coach, Mercer HS (2001-2003)
 - Javelin coach, William Chrisman HS (2019, 2021-22)
 - Javelin coach, Grain Valley (2022-Present)
4. OPPORTUNITIES & JAV COMMUNITY
 - Midwest Elite Throws Camp
 - US Olympic Training Center
 - Friends & colleagues



IN HONOR OF COACH KEN PEEK
11/25/69 - 2/9/24

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OPPORTUNITIES



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OUTLINE AND PURPOSE

1. Basic introduction of progression from first time throwing to full approach
 - Focus on footwork - "The throw starts with your feet."
 - You can have a cannon for an arm, but if your lower half is bad, you won't be as successful
2. Videos/demonstrations for both outdoors and indoors workouts.
3. Many of the things talked about and shown here were taken from other people that are much more knowledgeable than me (Reinhard Van Zyl, Scott Halley, Brett Halter, experts on YouTube, etc.).
4. Many of the things that we do in our strength/mobility workouts compliment our drills we do with javs/Finns/plyo balls.
5. We don't do a ton of different things, but what we do, we do them a lot with the aim of doing them well.



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DAILY WARMUP

1. Dynamic
 - Knee Pulls/High Knees
 - Hallelujahs/Butt Kickers
 - Scoops/Tin Man
 - Forward Lunge/Reverse Lunge
 - Side Lunge/Side Shuffle
 - Forwards/Backwards Arm Circles
 - Arms Crosses/Side Arm Swings
 - 50%/75%/100% (20 yards)
2. Static (Do Both Arms, 10x or 10 Count)
 - Wrist Pulls (Up & Down)
 - Vertical Shoulder Stretch
 - Shoulder Circles
 - Ws
 - Trunk Twists
 - Side Bends
 - Jav Rotations
 - Back & Forths
 - Thrower's Choice (90 seconds)



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PRE-3 SEQUENCE/DRILLS

1. Picks
 - Feet shoulder wide, torso forward
 - Grip is good, palm up, point down
 - Elbow shoulder height in L-shape
 - Everything stays in line
 - Stay relaxed & press jav down/out



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PRE-3 SEQUENCE/DRILLS (CONT.)

2. Front Step

- Feet shoulders wide, turn to target
- Hand above shoulder, off arm up
- Point by the eye
- Short block, bring left elbow to side
- Lead with the chest, but delay the jav
- Bring over shoulder & follow straight



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PRE-3 SEQUENCE/DRILLS (CONT.)

3. Reverse Cs

- Feet turned, hips perpendicular to target
- Rest of setup same as Front Step
- Slightly bigger block with left
- Turn right heel out, knee down/forward, hip turn



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PRE-3 SEQUENCE/DRILLS (CONT.)

4. Elevated 1s

- Same setup as Front Step Drill
- Position on plate (Plate 1s) or small hill where landing will be on flat ground to force solid block (Front Hill Drill)
- Can do into a wall inside or short to mid-range throws outside



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PRE-3 SEQUENCE/DRILLS (CONT.)

5. Elevated Side 1s

- Same setup & movement as Reverse C but on a plate (Side Plate Drill) or on a small hill where landing will be on flat ground to force solid block (Side Hill Drill)
- Can do into a wall inside short to mid-range throws outside



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3-STEP

1. Partner 3s (Walking/Quick)

- Pair up with somebody similar height
- Thrower starts in 3-step position with partner holding their throwing hand or Finn
- Slow 3-step with short left, big penultimate landing "squatty" at 1:00 & left into block
- Partner holds arm back while lower half moves
- Quicker with more practice

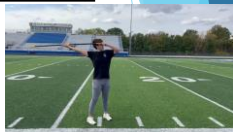


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3-STEP (CONT.)

2. Walking 3s

- Same as Partner 3s but without a partner
- Use a Finn, TurboJav, or jav
- Do 2 on air before throwing on the 3rd rep
- Squatty on the right at 1:00
- Turn right heel out to drive knee down/forward creating hip drive
- Left elbow in, throw over the shoulder

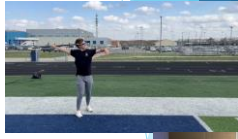


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3-STEP (CONT.)

3. Quick 3s

- Everything is the same as the Walking 3s
- Continue to emphasize the right foot at 1:00 and shoulders staying closed
- Also emphasize the timing of the landing as the block should hit the ground immediately after the right
- Not 1...2...3; it's 1...2.3!



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3-STEP (CONT.)

4. Elevated 3s

- Help with getting that feeling of a quick right-left block
- Start off the elevated surface in 3-step position
- 1st step goes up onto the elevated surface before penultimate & block land on other side
- Right foot lands 1:00, shoulders to target
- Eyes up!



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3-STEP (CONT.)

4. Chute Drill

- Great to emphasize the landing squatty on your right at 1:00 & quick/solid block
- Both hands start on the chute
- Do a 3-step but both hands have to stay on the chute to help keep shoulders closed

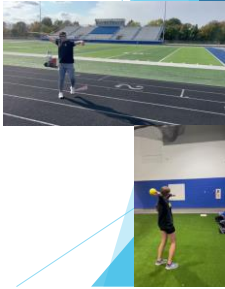


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5-STEP

1. Walking 5s

- Same as Walking 3s but adding 2 steps (1 more crossover at the start for a total of 2)
- Jav stays steady, shoulders stay closed but use the left for balance & rhythm
- Can add a throw at the end if wanted

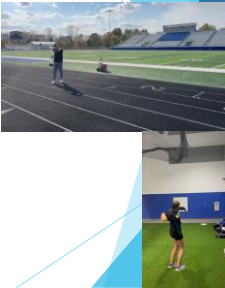


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5-STEP (CONT.)

2. Buildup 5s

- Same as the Walking 5s, but increasing speed with each step & crossover
- Be the fastest at the end
- Dummy the throw or throw it if wanted

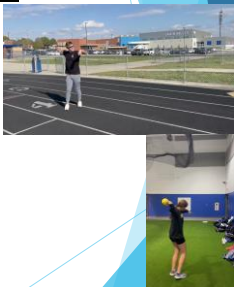


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7-STEP

1. Walking 7s

- Same as Walking 5s but adding 2 steps (1 more crossover at the start for a total of 3)
- Jav stays steady, shoulders stay closed, but use the left for balance & rhythm
- Can add a throw at the end if wanted

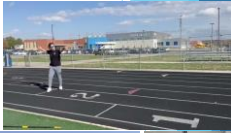


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7-STEP (CONT.)

2. Buildup 7s

- Same as the Walking 5s, but increasing speed with each step & crossover
- Be the fastest at the end
- Dummy the throw or throw it if wanted



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APPROACH

1. Jav Jogs (30 yards)

- Start slow, buildup speed with more practice (not a sprint!)
- Stay upright; no leaning
- Jav should be steady the whole time
- Use the off arm like if you were running
- Keep eyes on the focal point



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APPROACH (CONT.)

2. Continuous Crossovers (30 yards)

- Start from transition point with jav back
- Be light & bouncy on balls of the feet
- Hips can be slightly open, but shoulders closed & pointing to target
- Keep jav steady (feet bounce, jav doesn't!)
- Eyes stay on focal point

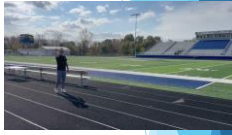


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APPROACH (CONT.)

3. 5-5 Ts (30 yards)

- 5 step runup, transition to crossovers for 5 step approach then continue right back into repeating the process
- Start with right foot
- On 5th step, shoulders should hit closed and get jav back
- Focus is on the transition; start slow before adding speed
- Adjust steps (more or less) as needed



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APPROACH (CONT.)

4. Narrow Runway Drill

- Great for throwers that bend approach too much
- Set up cones 1m apart or use lanes on track
- Approach/follow have to stay within barrier

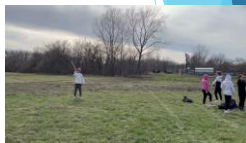


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PUTTING IT ALL TOGETHER

"The work and daily grind of drills leads to this. No magic sauce. Emphasize the right things. Watch video. Throw bombs."

- Tyler Rathke



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FINN GOLF

Rules

- 1. Try to get groups/pairings based on similar distances/abilities
- 2. Alternating shot
- 3. Can use any approach as long as throw comes from behind previous landing spot (can mark or use honor system)
- 4. Any part of the Finn has to land inside or be touching any part of the "hole"

Make it worth something. Fun way to get kids to compete under control.



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MISC. STUFF-PROMOTE KIDS/PROGRAM

1. Gear



2. 30/40/50/60M Tags



3. PR Chain



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CONTACT INFORMATION

If you have any questions or anything you'd like to share, feel free to reach out!

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