

## UNIT 13 Javelin

**Aim:** To achieve the maximum distance possible within the rules of the event.

**Full Technique:** See Table 13.1.

**Basic Technique:**

1. A good throw is based on speed of approach, speed of release and a stabilized flight.
2. The throw is made off a long base with the feet in line with the direction of the throw and the throwing arm extended backwards and parallel to the ground.
3. The rear leg drives the hips to the front.
4. The arm strikes very fast with the elbow close to the javelin to produce a forearm whiplash effect.
5. The javelin lies flat on the palm supported by the fingers.
6. The fingers are BEHIND the ledge formed by the binding.

### TEACHING POINTS:

#### The Grip:

There are 3 basic grips (see Fig. 13.1), however, the V grip is the most suitable for beginners. See bottom drawing or 'c'.

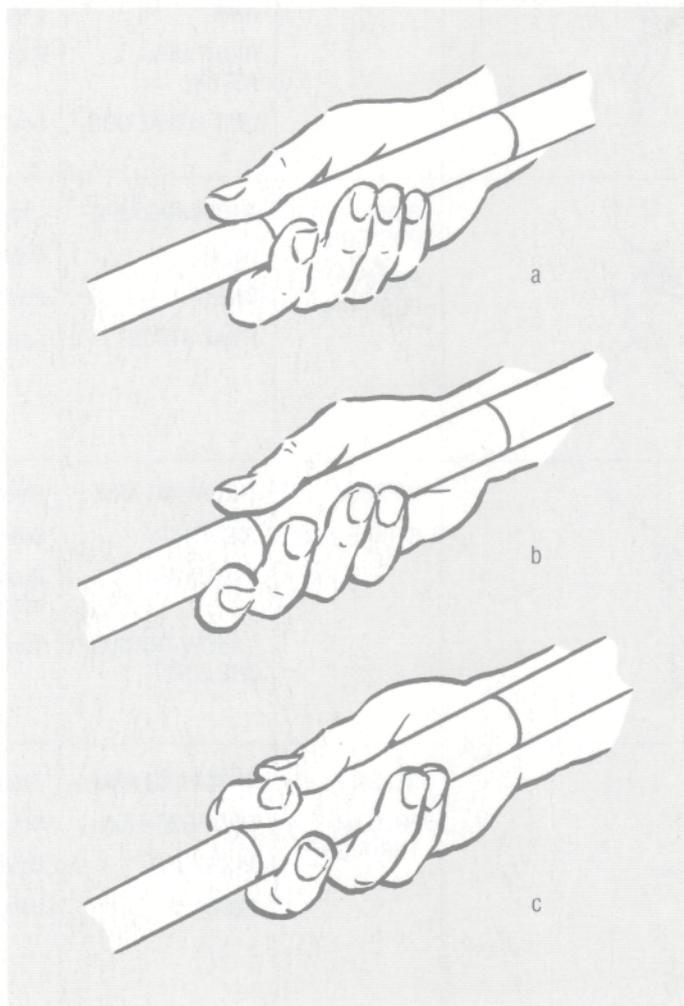


Fig. 13.1



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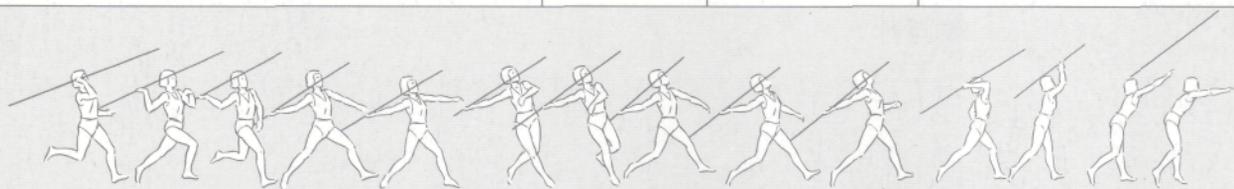


Table 13.1



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JAVELIN	PHASE	OBSERVATION POINTS	
	APPROACH RUN  CARRY  NUMBER OF STRIDES	SPEED  RHYTHM  CARRY (VARIOUS)	Controlled. Elbow forward, palm up. Above shoulder. Depends on experience.
	WITHDRAWAL	ON CHECK MARK  RIGHT FOOT SMOOTH IN LINE HEAD LEADING	Marker on right hand side of run way (right handed thrower). Feet in line. Twist shoulder/hips relationship. Above, parallel with shoulder. Head steady to the front.
	CROSS OVER	LEFT-RIGHT-LEFT RHYTHM ARM RIGHT LEG ACTION LEFT LEG ACTION	Fast, quick (feet low to ground). Bounding. Long hand, palm up. Right knee kick – soccer style. Low and long – heel lead – remain in line.
	BOW POSITION  POWER POSITION	THROWING ARM HEAD CHEST FINAL STRIDE	Long straight/back. Slightly up. Push out. Long.
	HIP/ARM STRIKE	THROWING ARM RIGHT HIP LEFT SIDE  THROW THROUGH THE POINT	Elbow leads the way. Drives through. Bracing/straightening of left leg at moment of release. Throw through hole in the sky.
	RELEASE  FOLLOW THROUGH	THROWING ARM BODY POSITION RIGHT LEG LEGS	Delayed until hip comes through. Stays high. Drives hip forward. Long recovery stride.



*Development:*

1. The standing throw is responsible for 70% of the final distance. ( See Fig. 13.2)

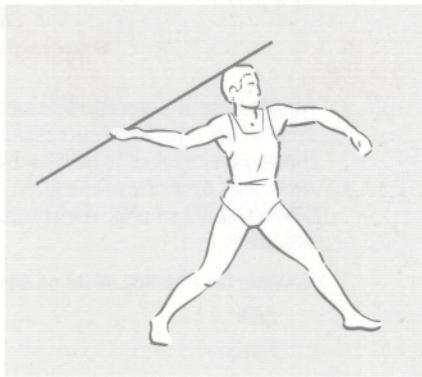


Fig. 13.2

2. A three-stride approach. (See Fig.13.3)

In this throw, both feet must move forward and the rhythm is:

**LEFT, BIG STRIDE, THROW**

3. A five-stride approach which still starts with the javelin withdrawn.
4. A nine-stride approach (4 running strides – 2 strides to withdraw the javelin – 3 strides to throw).
5. A nine-stride approach will be appropriate for the better school-level thrower.

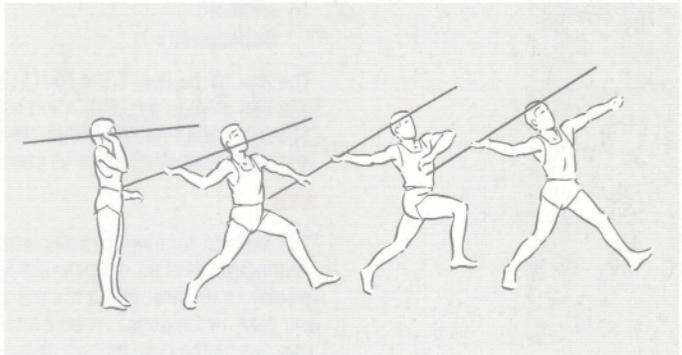


Fig. 13.3

*Activities:*

1. Throw tennis and cricket balls.
2. Use netballs and soccer balls.
3. Use 1 or 2 hands. (See Figs.13.4 and 13.5)

N.B. It is possible to get junior (400 gm) javelins which are easier to handle than the standard 600 gm.

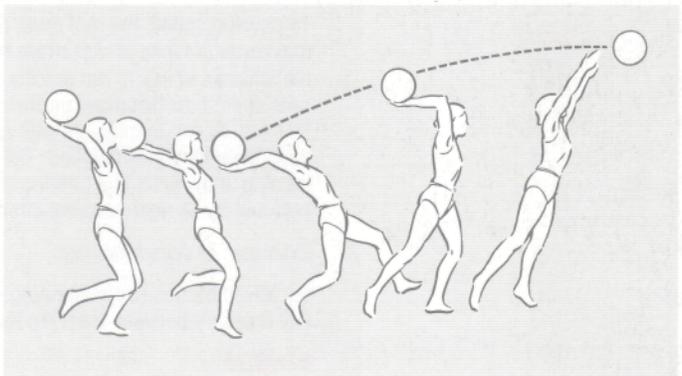


Fig.13.4

**SIMPLE RULES:**

- The throw is made from between two parallel lines 4m apart and behind an arc (radius 8m) joining the lines.
- For a throw to be valid, the javelin must land point first.
- It must land in the throwing sector and the athlete must not cross the throwing/restraining line.

N.B. The javelin does **not** have to stick in.

**SAFETY**

- Javelin is one of the most dangerous of all events.
- Both head and tail are dangerous and hence it **must** be carried vertically.
- The "all throw, all retrieve" rule **must** be in force.
- Establish a safe routine.

**Never** run to collect a javelin.

**Never** leave a javelin stuck in the ground at an angle.

The javelin must always be raised to the vertical after a throw.

**There must be complete supervision at all times.**

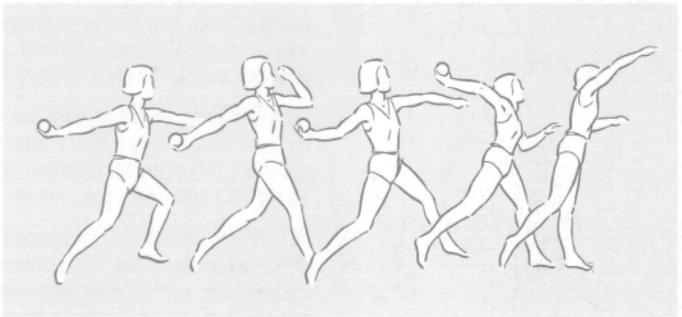


Fig.13.5

