

Javelin Drills for Advanced Throwers

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For Advanced Throwers Only

- Increase from 5-Step to 7-Step (Maybe)
- Increase from 4 approach steps to 6-8 (Maybe)
- More technique specific Drills

7-Step Throws

- (Jump off left, push off right) x 2, Jump w/ Lt foot and Horizontal Sweep w/ Rt foot, Left arm 3:00, pivot to plant, solid left side, slam door, left arm at 12:00, drag right toe.



Full Throws

- 6 carries to 5-7 crosses
- 8 carries to 5-7 crosses

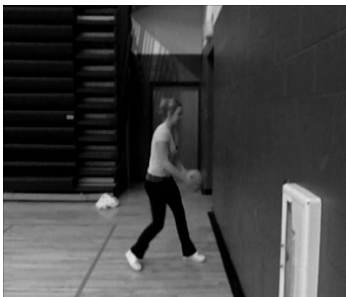


Advanced Drills

- Med Ball Hip Toss
- Slam Ball
- Med Ball Imitation
- Pond Hops
- Weak Side Throws
- Arm Speed Drills

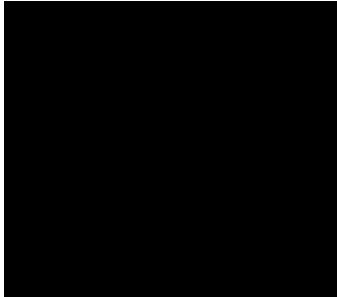
Med Ball Hip Toss

- Focus on pivot, drop right knee, and slam right hip forward.
- Emphasis is on throwing with the hips.
- Work both sides.



Slam Ball

- Focus on pivot, drop right knee, and slam right hip forward.
- Emphasis is on throwing with the hips.
- Work both sides.



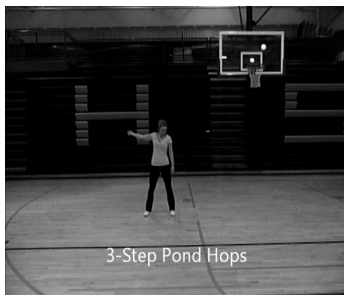
Med Ball Imitation Throws

- Focus on pivot, drop right knee, slam right hip forward, and then right shoulder.
- Emphasis is on throwing sequence from ground up
- Work both sides.



Pond Hops

- Focus is on jumping out over towel staying close to the ground, land w/ right foot on the other side with left foot in front, stay closed, pivot to plant, throw.
- Emphasis is on the take-off.



Weak-side Throws

- Focus is on throwing javelin with non-dominant side.
- Perform Sticks, Standing Throws, 1-Step, 3-Steps, and 5-Steps with both dominant and non-dominant side.
- Emphasis is on balancing muscles, and having to concentrate on throwing non-dominant side, so that it improves dominant side technique.

Arm Speed Drills

- Focus on Striking and throwing the ball with good technique.
- Emphasis is on fast arm strike.



Thank you

- Please Email gundersonm@usd231.com with any questions or if you want a copy of the power point.
- Resources:
 - Javelin Discussion Forum II
 - Ultimate Javelin Video by Jeff Gorski
 - Coming to Javelin Practice with Tom Petranoff
 - Coaches and Athletes I have worked with over the years.
