



Overview: Mini Javelin

Mini-javelin is a field event where the athlete is required to “pull” a mini-javelin as far as possible using technique, power and speed.

Mini-Javelin Key Skills Checklist

YOUR ATHLETE CAN
Hold mini-javelin in throwing hand with fingers in correct position.
Hold mini-javelin resting in the palm of their hand.
Hold mini-javelin with relaxed, straight arm, behind and higher than the shoulder.
Standing Throw
Stand facing the front with one arm extended high behind thrower.
Assume a correct foot position - back foot is at 45°. Front foot facing forward.
Execute correct pre-release movement - From bent knee position, push hip through to front. Use left arm to block.
Pull mini-javelin through, leading with shoulder and elbow and execute throw.
Release mini-javelin.
One-step Throw
Stand 1.5 step behind the foul-line
Stand sideways with head facing front and hips and shoulders facing the side.
Keep the right foot facing front with knees relaxed.
Step forward and keep hand above shoulder height.
Throw mini-javelin over the top of the head.
Complete follow through
Full Approach
Take the correct start position for a 5 step throw.
Attempt the cross over run.
Stop at the foul line.
Throw mini-javelin over the top of the head.
Complete follow through.

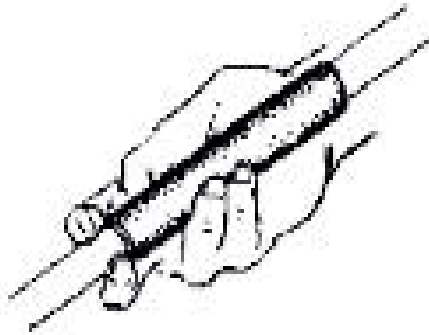


Coaching Points: The Grip

Grip

There are 3 types of grip for the min-javelin.

1. **V-Grip:** The min-javelin is held across the palm with the top of the grip resting between the index and the third finger either side of the grip. With this grip, the thrower places the javelin between their index finger and middle finger.



2. **American Grip:** The index finger typically grips right around the edge of the binding. The thumb can actually grab the edge of the binding opposite to the index finger as well and the other fingers simply wrap onto the binding.



3. **Finnish Grip:** Place the mini-javelin in your hand, you'll notice that the min-javelin comfortably sits in the groove of your hand and that middle finger naturally lands on the binding edge.



4. Using the middle finger to grip the min-javelin is also popular because the middle finger is dramatically stronger than all the other fingers.



Coaching Points - Standing Throw

1. The athlete stands with both feet shoulder width apart
2. Athlete stands behind the foul line facing the front.
3. Throwing arm extended high and behind athlete. Back foot is at 45°, front foot facing forward
4. Mini-javelin is held high with a straight but relaxed arm. The point of the mini-javelin is at ear height.
5. With knees slightly bent, rock back onto back foot.
6. Athlete turns their hip through to the front, pivoting on the front foot.
7. Use left arm to block at shoulder height
8. Pull mini-javelin through, leading with shoulder and elbow
9. Release mini-javelin.

Coaching Points - One-Step Throw

1. Stand sideways 1 ½ steps behind the foul line. Head faces the front, hips and shoulders face to the side.
2. Right foot facing the front, knees are relaxed.
3. Step forward, planting the left heel. Push through the right foot, pivoting on the ball of the foot.
4. Rotate hips to the front. Shoulder, arms and throwing hand should follow.
5. Bring the right arm forward, elbow high and close to the head.
6. Keep hand above shoulder height. Throw mini-javelin over the top of their head
7. Complete follow through.

Coaching Points - Full Approach (5 step)

1. Assume the correct start position for a 5 step throw.
2. Step crossing right foot over left foot. Step and skip and step on left foot
3. Plant the left heel, and push through the right foot. Pivot on the ball of the right foot.
4. Rotate hips to the front. Shoulder, arms and throwing hand should follow.
5. Bring the right arm forward, elbow high and close to the head.
6. Keep hand above shoulder height. Throw mini-javelin over the top of their head
7. Complete follow through.

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