



TRAINING TO IMPROVE TECHNIQUE – MINI-JAVELIN

OBSERVATION	CORRECTION BY COACH	DRILL/TEST
Incorrect Grip – Grips too tightly	Wriggle the mini-javelin in the athletes hand to loosen grip	Release the mini-javelin and re-grip using correct technique
Incorrect Grip – Grips in a fist	Re-arrange the fingers to correct position.	Release the mini-javelin and re-grip using correct technique
Holds the mini-javelin using only the fingertips.	Demonstrate the correct method of gripping the mini-javelin.	Release the mini-javelin and re-grip using correct technique
Pointing the mini-javelin in the wrong direction	Remind athletes to keep javelin pointed in the direction that they want the javelin to go or to “point the javelin at the target”.	Direct athletes in the right direction. Ask the athlete to point to where they need to throw the javelin.
Low, round arm throwing action	Teach athlete to deliver the javelin over their shoulder like a tennis serve	Mimic the javelin throwing action: instruct athletes to drag their fingers like a paintbrush forwards and backwards over their throwing arm shoulder, like they are painting a long beam above their head. (Try this action yourself).

Drill 1	Stretching	Purpose	To stretch major muscles in the shoulders, torso and arms.
Reps:	Refer each exercise	When to Use	Warm Up
Teaching Points			
<ol style="list-style-type: none"> 1. With a wide two handed grip and straight arms, pass the broomstick over their head and back again. Ensure hands are at the correct width so the athlete doesn't bend their arms. 2 sets of 5 reps 2. Holding the broomstick, the athlete completes a rowing/paddling action. 2 sets of 10 reps 3. Standing in front of a wall with the athlete standing one step back from the wall, raise their arms high and place their hands on the wall. They should lean into the wall and feel the stretch in the shoulders and torso. 2 sets of 5secs 4. Similar to the position above, get the athlete to use one arm at a time and step the same leg as their arm back (e.g. right arm and right leg) and stretch the full side of their body. 2 sets of 3 secs on each arm alternating 5. Windmills – swing arms at the side of the body in full circles at the same time and then alternatively. Forwards and backwards 2 sets of 10 swings on each arm 			
Points of Emphasis			
Start slowly and increase speed as the athlete warms up			



Drill 2	Throwing Vortex toys/small balls	Purpose	Warm up throwing arm; develop good technique during warm-up
Reps:	2 sets of 5 throws	When to Use	During Warm up or early in the season
Teaching Points			
<ol style="list-style-type: none"> Stand on the foul line. Athlete throws the Vortex toy/small ball. 			
Points of Emphasis			
<p>Focus on using the throwing action used for mini-javelin Focus on quality of technique Introduce targets closer to foul line if athletes are throwing too vigorously. Gradually move targets further away as athletes become more accurate. Use a Standing, 1 Step, 3 Step or 5 Step through as appropriate for each athlete.</p>			

Drill 3	Unders	Purpose	Develop speed and strength
Reps:	2 sets of 5 reps	When to Use	During Warm up or early in the season
Teaching Points			
<ol style="list-style-type: none"> Begin with the ball overhead. Quickly bend so the ball is between the knees. Then throw it forward (underarm) in an arching manner as far as possible. 			
Points of Emphasis			
<p>Start with a light ball and slowly increase weight of ball as the athlete gets stronger A medicine ball may be used when athlete is strong enough</p>			

Drill 4	Russian Twist	Purpose	Develop speed and strength in torso for throwing momentum
Reps:	2 sets of 10 reps	When to Use	During Warm up or early in the season
Teaching Points			
<ol style="list-style-type: none"> Start with a ball at belly button height with arms slightly bent. Begin by moving the weight to one side Swing the ball across the front of their body and shift the weight completely from one side to the other on each twist. 			
<p>Move continuously and smoothly from right to left. Use lighter balls to start with and increase the weight as the athlete gets stronger.</p>			

Drill 5	Target Throws	Purpose	Develop throwing accuracy Learn stepping technique
Reps:	10 target throws	When to Use	During Warm up or early in the season
Teaching Points			
<ol style="list-style-type: none"> Start with the mini-javelin at eye level and throw at targets Start with close targets and gradually move targets further away 			
Points of Emphasis			
<p>Progress to starting with feet staggered Progress to starting with left foot next to right foot and move it to delivery position Start with left foot behind right and move it to delivery position</p>			



Drill 6	Medicine ball standing throw	Purpose	Increase strength and power of throwing action
Reps:	2 sets of 5 reps – increase as strength/endurance improves	When to Use	During Warm up or early in the season

1. Stands at a line with feet side by side and slightly apart.
2. Face the direction the ball is to be thrown.
3. Holding the ball in two hand, the athlete brings the ball back over and behind their head.
4. Throw the ball as vigorously and as far as possible.

Points of Emphasis

-If the athlete does a standing throw, do not encourage them to step forward unless they are progressing to a 1 step throw.
 -If athlete does a 1-5 step throw, encourage them to step forward as a natural progression and to maximize the throw distance.

Drill 7	Throwing Exercises	Purpose	To increase strength and throwing power
Reps:	2 sets of 10 reps	When to Use	During Warm up or early in the season

Teaching Points

1. Stand or sit a 1-2m from a wall.
2. Throw the ball overhead against the wall using 2 hands

Points of Emphasis

Use a basketball or football and increase weight of ball (e.g. medicine ball) as athlete improves. Increase distance as athlete becomes stronger.
 Variation: Throw ball to a partner.

Drill 8	Jumping Exercises	Purpose	To increase speed
Reps:	10 reps	When to Use	During Warm up or early in the season

Teaching Points

1. Jump into hoola-hoops at various distances apart.
2. Jump sideways over cones.
3. Practice squat style jumping into the long jump pit.

Points of Emphasis

Use various methods of jumping.
 Gradually increase distances and heights of challenges.

Drill 9	Learning 3 Step and 5 Step Throws	Purpose	To develop coordinated 3-5 step throw To learn and practice crossover step
Reps:	5 reps of each step as it mastered	When to Use	During Warm up or early in the season

1. Sideways movement drills with a jog return
2. Side shuffle with no arms
3. Side shuffle with no arms, springing off their toes
4. Side shuffle with no arms, length of stride increased
5. Repeat using arms in a sweeping circular action
6. Crossover step
7. Crossover step, with hip turn
8. Crossover step, with high knee action
9. Crossover step with arm action

Running crossover steps will take some time and some athletes may not manage it. It is a skill to be able to go faster while running in a side on position.
 Gradually increase the difficulty of the exercises as the athlete becomes more confident and competent.

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