

Technical training for javelin, Sat 7 Nov 2015, 3-4 pm

Warmup drills with med ball

- Lounges w rotation
- Lounges w one arm up
- Rotating throws w peer while running
- Overhead throws w peer while running
- High knees – butt kicks 4+4 w ball up
- Siksak w ball up
- Cross-over running w ball up

Med ball throws

- Sitting and ball under back throws
- Pushing throw from cross-over step
- Over head from one leg kneeling w peer
- Over head from 2 steps

A few flexibilitys exercise w javelin: front-back, fron-back rotation, rotation w straight arm, rotator cuff, hip flexors,

Throwing w javelin

- Knee-hip exercise w peer
- 4 step + stop tot 3 times then throw
- Basic throws w 4 step
- Throws to low /high
- Throws to left/right
- Throws eyes closed
- Throws with worse arm

- Throws w different implements
- Throws from one legged jumps
- Throws on different surfaces

Instant feedback

- Ipad w bamvideo
- Cues to athletes what to watch

Some principles of training skills

More important to be able to effectively correct errors than to acquire perfect technique (F. Bosch)

Blocking senses in an effective way to train skills (eyes closed, ear plugs, moving head side-to-side...)

Training with the non-dominant side: bilateral transfer + muscle balance. In power sports better to do after dominant side exercises.

Instructions with many senses if possible. Use rather questions than answers.

No feedback is better than too much feedback! Best amount about every 5th performance. Should be given in 5-10 s after the performance.

For improving the control of the javelin, you can use different implements (balls, sticks, stones, etc.), but also accuracy throws (low, high, left, right, goals in the field etc.)