

Javelin pull-through Session

Warmup



Begin the session with a RAMP warm up, a medball warm up and some medball throws is suitable. A side on pull through with increasing intensity is a good Activate, Movement and Potential drill for javelin.

Tennis ball drills



- 1) Throw over the back leg. Stand side on, slightly open and throw the ball over the back leg into a net, keep both feet on the floor and finish the throw with a flick of the fingers. Aim just above the head, keep the palm up.
- 2) Heel Plant. Feet together, side on, step into the throw with one step planting the front heel in a wide stance, keeping the front leg straight then repeat 1). The heel must land before the ball is released.
- 3) Side hop into the throw. Stand side-on on, two hops then 2) and 1)

Standing Javelin Throws



- 1) Start in the same position as the tennis ball drill, in a wide sideways stance, keep javelin tip close the head, keep non-throwing arm straight (but relaxed) in front (with thumb down), use a suitable grip, lean back by bending the back leg to achieve an angle of release.

Keep the palm up, throw from an extended arm, pulling through over the back leg (do not bowl the javelin and do not change the palm position or drop the elbow in an attempt to change the javelin angle)

Repeat 1) with keeping focus on technique not power.