







JAVELIN THROW

by Fletcher McEwen

Unlike the other throws the javelin begins with an approach run and is relatively light. The javelin thrower is unique amongst the throwers needing a "quick arm" as well as speed and strength.

EVENT PHASE		
	<p>PREPARATION (ENTRY)</p>	<ul style="list-style-type: none"> • Stand with the javelin held above the shoulder • Javelin points forward, near horizontal • Palm under the binding
	<p>MOMENTUM BUILDING PHASE I</p>	<ul style="list-style-type: none"> • Run forward gradually developing speed • Arm steady • Javelin at head height, palm underneath withdrawal starts on the left foot • Left shoulder turned in direction of throw, left hand held forward for balance • Throwing arm extended backwards
	<p>MOMENTUM BUILDING PHASE II</p>	<ul style="list-style-type: none"> • Longer flatter drive step after pushing off with the left foot • Right leg overtakes the left leg • Before landing the left leg is again in front of right leg • Left leg lands on heel and braces Throwing arm is still extended at shoulder height

	<p>TRANSFER PHASE (POWER POSITION)</p>	<ul style="list-style-type: none"> • Right foot lands at acute angle to direction of throw • Legs have overtaken the trunk of shoulder, javelin & hip are parallel • Throwing arm is straight Left foot lands actively and blocks
	<p>DELIVERY</p>	<ul style="list-style-type: none"> • Throwing elbow turned inwards, palm upwards • Hips turn quickly forward, arm next to the body • Shoulder and arm strike • Right elbow drawn forwards and upwards alongside the head • Maintain right foot contact during throw
	<p>RECOVERY</p>	<ul style="list-style-type: none"> • Watch the javelin begin its flight • Right leg brought forward to brace body and prevent fouling • Left leg swings backwards • Leave 1.5—2 meters from brace foot to foul line

Correct javelin technique is essential. Poor technique will result in elbow injuries which are difficult to treat and which may end an athlete's career. The javelin must be thrown from above the shoulder.