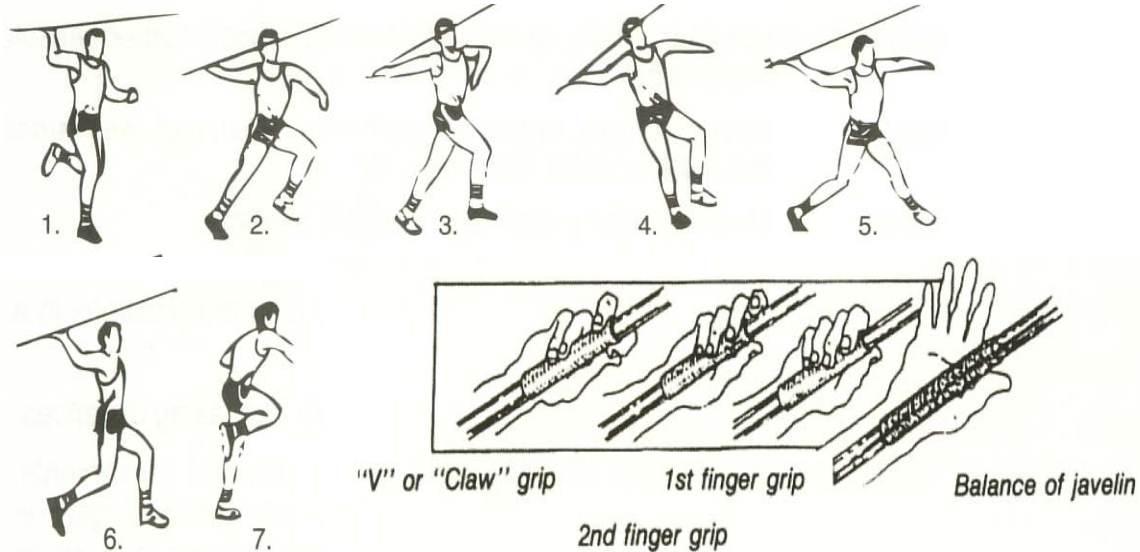


JAVELIN



POINTS OF TECHNIQUE

1. Hold the javelin along the length of the hand with whichever grip is most comfortable; (i) – index finger behind the binding (Fig. 8) (ii) – middle finger behind the binding and index finger along the shaft (Fig. 9) (iii) – index and middle fingers behind binding to form a “claw” (Fig. 10).
2. In the approach run the javelin is carried at head height, with the palm facing uppermost (Fig. 1).
3. In the withdrawal, javelin is taken back straight: shoulders turn to the right and right arm straightens; hips remain facing forwards (Figs 2, 3).
4. At the beginning of the delivery (Fig. 4) the throw should have a pronounced backward lean from the ground.
5. The thrower drives through the throw from the right leg to give a long throwing stride (Fig. 5).
6. Throwing hand must be kept high in relation to the line of the shoulders (Figs 4, 5) and pass over the top of the shoulders in delivery (Fig. 6).
7. Arch the body in the throwing position (Fig. 6), punch the right shoulder through, and keep the elbow up during the throw.
8. After delivery, trunk moves over the left foot and another stride is made onto the right leg to prevent fouling the line.

The Javelin Throw – Standing Throw Sequence

