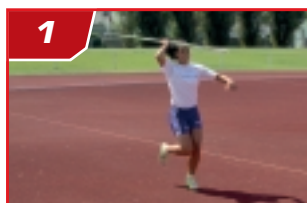


Introduction

A pull throw is used in throwing the javelin, requiring speed, strength, suppleness and skill. It is thrown at the end of a 30 – 36.5m run-up. The thrower must not step on or over the throwing line. The javelin must land in a throwing sector spanning 29° and the tip of the javelin must land before the tail. The following model covers the basic points for the standing and running throws and includes teaching tips to improve performance.

Competition weights for each age group are detailed below. Always begin to teach using lighter throwing implements such as balls, foam and turbo javelins before progressing to the weights below.



Teaching Points

The following technique indicates the correct grip for both left-handed and right-handed individuals. The standing throw and throw with approach run are written from the perspective of a right-handed thrower and all right / left body positioning should be reversed accordingly for left-handed throwers.

Boys	Weight
U 13	400g
U 15	600g
U 17	700g

Girls	Weight
U 13	400g
U 15	600g
U 17	600g

'How to'

The Grip / Hold

The grip should be firm but comfortable.
The javelin should run down the length of the palm.
The wrist should be nearest to the javelin point.
The grip is made along the rim of the binding cord and there are two main variations:

- thumb and 1st finger**
- thumb and 2nd finger.**

The remaining fingers should be curled around the binding.

Teaching tips

There should be no daylight between the hand and the javelin. Allow students time to experiment with both grips and decide on the one that is most comfortable.

Standing Throw

Throwers should stand with the feet shoulder width apart and pointing in the direction of the throw.
The javelin should be withdrawn, keeping the palm higher than the javelin point. The elbow should be straight and the palm up.
Both legs should be bent and the left leg extends forward.
Turn and drive the right foot, knee and hip forward over a straightened left leg.
After the javelin has been thrown, the right foot should replace the left.

Teaching tips

Emphasise relaxed effort, rather than trying to throw for distance.
Keep the left side strong.
Hips, then chest then shoulder rotate vigorously towards the direction of the throw.
The arm comes past the ear.
The arm moves through 'easy and last'.

How to (cont.)

Withdrawal

The javelin should be withdrawn as the left foot lands.
The right throwing arm extends back as far as possible over one to two strides.
The throwing arm should be at shoulder height or slightly higher after withdrawal.
The non-throwing shoulder faces direction of throw.
Head stays looking forward.
The tip of the javelin should be close to the head, level with the eye.

Teaching tips

Withdrawal should not affect the thrower's momentum.
Use a cone or marker to show the withdrawal point.
Encourage students to think of the body accelerating ahead of the javelin, rather than the javelin being forced back.

Delivery

On delivery, the left foot should be firmly grounded, bracing the left side of the body.
The right foot, knee and hip turn hard and push forward.
The throwing elbow should turn inwards and the palm remain facing up.

Teaching tips

Ensure the elbow is taken through high to prevent injury.
Students should feel the final 'whipping through' of the throwing arm. Keep the palm up.
Encourage students to stay relaxed in the upper body rather than trying to throw for distance.
Optimum angle for delivery is around 33°.

Recovery

The legs should reverse position after the throw.
The right foot lands forward on a bent leg.
The centre of gravity is lowered.

Teaching tips

Leave enough space between the braced left leg on delivery and the throwing line.

Three-stride approach

The javelin should be held in the position as for the standing throw.
The right leg is forward, the throwing arm back.
The participant should step onto the whole of the left foot, push off onto the right foot, then a big extended stride onto the left - one after the other.
The body weight should stay over the rear leg and ahead of the javelin.

Teaching tips

The rhythm is used to turn the body from a square on to a sideways on position.
On the three steps, get students to count the rhythm 1,2...3.
Ensure speed is maintained throughout this phase.

Full approach

The javelin should be held horizontally over the right shoulder at head height pointing towards the direction of the throw with the throwing hand just over the right ear.
The thrower should accelerate towards the throwing area, in six to twelve controlled, relaxed and rhythmical strides.

Teaching tips

Encourage students to keep looking ahead and running in the direction of the throw.
Get students to keep the throwing arm relaxed but steady throughout.
Run on the balls of the feet with hips high.