

# **Coach Halley's**

## **Skills & Drills Javelin Clinic**

### **Clinic Overview**

The purpose of this clinic is to teach athletes and coaches a variety of javelin drills to help build the skills necessary to throw the javelin safely and far. There are standard and progression drills, partner and coach assist drills as well as exercises to reinforce proper technique.

### **Personal Highlights (1996-2013)**

My athletic highlights include a 2nd and a 1st place finish at the OSAA State meet (1996 & 1997), 3-time All American and 1-time NAIA National Champion. As a coach, I have worked with javelin throwers of all ages. 2011 & 2012 coaching highlights include 24 state qualifiers, 6 state champions, 1 USA Junior champion, 2 Junior Olympic champions, 1 ParaPan American bronze medalist, 2 Olympic Trial qualifiers and 3 NAIA All-Americans.

### **My philosophy**

Keep it simple and safe for beginners. Build a foundation of sound fundamentals. Advanced throwers will use larger movements at higher speeds and incorporate various styles that can produce longer throws for different body types.

### **Agenda:**

Clinic length: approximately 3.5 hours

10min intros, video, agenda, etc

10min - Quick technique overview

20min Warm-up & stretch - See list

60min Skills - Progression drills - See list

60min Reinforcement Drills - Athlete, partner & coach assist drills - See lists

30min Exercises - Training - See list

20min cool-down - See List

Closing

### **Additional Resources**

Website: [www.CoachHalley.com](http://www.CoachHalley.com)

Instructional content: [www.YouTube.com/coachhalley](http://www.YouTube.com/coachhalley)

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# Warm-up and Stretch

## Warmup

- Jog - 5 minutes
- High Knees
- Butt Kickers
- Cross-over Carioca
- Javelin Bounding
- Sprint Buildup

## Stretch

- Hamstring
- Quads
- Groin
- Calf & Achilles
- Glutes

## Warmup

- Three way push-ups (standard, Inside, Outside)
- Dive Bombers
- Arm Circles
- Swimmers and shakers

## Stretch

- Shoulder routine with javelin
- Lower back twists (front & back)

## Picking progression

- Standing down to the ground
- Standing up in the air
- 3 step up in the air
- Short 5 step up in the air

# Progression Drills

## Progression throws

- Rock'n roll - standing throws
- 3-step
- 5-step
- 7-step

## Halley Power Position Progression

- Rocking hip turn
- Rock, stretch and strike
- 3-step with strike
- 3-step with throw

## Cross-over Build Ups

- Heel clicks
- Heel toe
- Knee drives
- Pull and hold repeats
- Pull, hold and pause

## Hill Drill Progression

- Rock'n roll - standing throws
- 3-step

## Partner Pull Progression

- Rock'n roll - standing pull
- 3-step pull
- 3-step throw
- 5-step throw
- 7-step throw

## Elastic Stretch Reflex Progression (picking drill)

- Open chest (short range without throw)
- Open chest (short range with throw)
- Closed chest with leading hip and throw

# Athlete and Partner Drills

## Partner Pulls & Partner Cross-over Pulls

- Why: Provides a posture to model. Develops a feeling of pulling over the shoulder and driving over the block.
- Talking points
  - The partner's job is to provide resistance and keep the throwers hand up
  - Athlete should pull with their hip and chest not their arm
  - This is a slow drill, focus on the correct sequence

## Jump the Creek

- Why: To give yourself time to prepare for the throw
- Talking Points:
  - Mark the ground with chalk or use a track lane
  - Make sure you land on the ball of your foot
  - Soft right knee
  - Stay behind the block
  - Remember, the throw rolls over the top, not under!

## Javelin Limbo Drill

- Why: Teaches the athlete to stay back so there block leg is in the correct angle and position (hip behind knee and knee behind ankle)
- Talking Points:
  - This drill can be done from a standing block drill or cross over
  - The focus is the lower half, the arms are not in a throwing position
  - The javelin should be held at chest level

## Sesaw Drill

- Why: Teaches the athlete to position themselves under the javelin and generate elastic power from the lower body to the upper body then back in reverse order.
- Talking points:
  - Partners will face each other so that partner 1 has the javelin back in a throwing position and partner 2 is at their release point with the nose of the javelin in hand.
  - As partner 1 generates a throwing movement from their lower body to their upper body, the javelin moves partner 2 to their starting position. Partner 2 will replicate the movement pushing partner 1 back to their starting point.
  - Maintain elastic stretch and use the body to generate force not the arm.

## Rubber Band Chest Roll

- Why: Simulates the rolling chest drive and provides feedback when over rotating or pulling away from the throw.
- Talking points:
  - Position lead arm and band above the heart and below the neck in the center of the chest.
  - The chest roll happens forward and over the block after the elbow drops

# Coach Assist Drills

## Coach Assist Hip Drive

- Why: Gives the athlete the sensation of a hip drive and a stretch through the core and shoulder
- Talking points:
  - Hold their arm up level and palm to the sky
  - Use the back of your hand to assist the hip movement

## Lead Arm Drop

- Why: Shows the athlete the difference between dropping their lead arm vs pulling away
- Talking points:
  - This drill can be done with standing throws or with a cross over
  - Timing is key, the coach should time the arm with the athlete as they land on their trail leg
  - The lead arm should lock into position after the initial drop

## Hip Hold, Hinge & Strike

- Why: Gives the athlete the sensation of a solid block and hinging affect
- Talking points:
  - This is a standing or cross-over drill with or without throwing the javelin
  - Grip on the athletes shorts/pants/warmups. With snug clothing you will stop there hip. With loose clothing their hip may move but there clothing will shift in which case the athlete needs to force themselves to limit the hip movement.
  - The coach will have to develop the correct timing.
  - The once the block foot is down, the hip should stop moving

## Hip, Block, Hinge-Limbo Drill

- Why: Teaches the athlete to drive their hip, maintain a block while hinging and striking
- Talking points:
  - Setup a consistent mark on the ground with chalk so you know where to place the bar/javelin/stick
  - The javelin should be placed at hip level so the block hip does not touch the javelin and still allows the driving hip to make contact.

## Weight Belt Hip Pull

- Why: Gives the athlete the sensation of the hip pulling the core and shoulder through
- Talking points:
  - Be sure to tie the rope to the hip side of the belt and tight enough so the belt and rope do not slip
  - This is a standing or a cross-over drill
  - The athlete should be loose in the shoulder so it reacts to the hip movement

## Weight Belt Hip Drag

- Why: Teaches the athlete to drive their hip into the block
- Talking points:
  - Be sure to tie the rope to the hip side of the belt and tight enough so the belt and rope do not slip.
  - This is a standing or cross-over drill

- The natural movement of the athlete will be to move their shoulders to pull their hip. Discourage this by reminding them the correct order of the movements.

## Training Exercises

### Angle Play

- Plow
- Dive
- Through the point

### Rythm Set/Hose Drags

- Carry
- Bounding
- Carry and Withdraw repeats
- Carry, withdraw, crossover and skip

### Resistance Bounding

### Accelerated Bounding

### Javelin Position Rows

### Heavy Bar Throws

# Cool-down and Stretch

## Cool Down

- Light Jog - 2 minutes
- Light high knees
- Light butt kickers
- Swimmers
- Huggers
- Light bounding
- Shin splint walk (Standard, Inside, Outside)

## Stretch (slower - longer holds)

- Hamstring
- Quads
- Groin
- Calf & Achilles
- Glutes
- Shoulder routine with javelin
- Lower back twists (front & back)

## Cool Down

- Left handed throw progression (standing down, standing up, 3 step, light 5 step)