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## How to throw the javelin step by step

By Coach Rob Lasorsa, M-F AthleticGrip- The spear is lying along the palm of his hand. - The palm should always be turned upwards. - The spear should feel comfortable in the hand and be safe. Three ways to hold the spear:1. Grab the cord between the thumb and index finger (American Style). 2. Grab the cord between the thumb and middle finger (Finnish style). The index finger can either be directed to the tail of the spear or wrapped around the spear. 3. Grab the cord between the index and middle fingers (fork style). Pull Over the Top Sitting Throwing with Javelin Throw or Weighted Ball: With a stool, chair or box, the athlete sits firmly on the floor and places both feet firmly on the floor. The back should stay straight. With the spear or the weighted ball in the throwing hand, the athlete pulls back the limb straight. The non-throwing arm should be stretched out in the direction of the throw and the shoulders should turn around by about 90 degrees so that the athlete is in a comfortable position. The throwing hand should lie slightly over the tossed shoulder. From this position, the athlete throws the ball or spear. The focus should be on pulling over the tip, as the throwing elbow comes through at a level higher than the throwing shoulder. The ball or spear should be released at one point above the head. The non-throwing hand should be allowed to come to the non-throwing shoulder, but be careful not to pull too aggressively with the non-throwing arm, as it causes an over-rotation of the shoulders, causing the limb to fall and the device being thrown with a side arm release. Progression from crossover to block (without Javelin)1. Front Leg Plant Drill: The focus is on pushing the hips up and over a straight front leg by lengthening and turning the hind leg and hip.2. Cross and Catch Drill: The focus is on crossing and landing with the weight over a bent hind leg with the back foot landing in an active position.3. Cross – Catch – Front leg Plant Drill: The focus is on the drive of the hind leg and the hip, while the plant leg comes into contact with the ground. Crossover (with Javelin)1. Step throw (1 step and crossover) 2nd step throw (3 steps and crossover)Focus points in the crossover: a. Do not bow back b. Press the front foot that initiates the crossover c. Move the knee forward as the front foot crossover d initiates. Hips and feet must forward e. Keep front shoulder closedCarryEmphasis is on holding the spear in a position slightly above ear height and over the throwing shoulder. The spear should be in a position parallel to the ground or depending on the comfort of the thrower downwards or upwards. Disadvantage1. Walking to Drawback Drill 2. Execution to Drawback DrillEmphasis is on the following points: a. Palm of the throwhand must stay in front of the hand B. Pull spear back in straight line with the throwing direction with your hand over the shoulder remain. c. Do not try to change the running style (feet, hips and head should still face the throwing direction during the disadvantage). d. The disadvantage must occur before the crossover begins. DeliveryDiscussed from the landing of the hind leg during the turnout. Since the hind leg lands, the plant leg should shoot straight forward. While this happens, the hind leg should expand vigorously as the hind foot rotates and pushes the hip forward. By driving the hind leg while the front leg comes forward, it forces the thrower to establish a wide base at the delivery, giving the thrower more time to apply force to the device. The foot of the plant leg should first come down and the thrower should drive the hips up and over a straight plant leg. This results in an arc-like action or a reverse C position at the point just before the arm stroke begins. It is important to recognize that this bow position is the result that the hind leg pushes the hips up and over the plant leg and does not lean backwards, anticipating the delivery. Leaning back causes the thrower's plant leg to come down late, which in turn causes the thrower to pull on the shaft of the spear and not put any forces on the spear in the right direction. As soon as the hind leg is completely extended, the arm stroke occurs. At this point, the athlete pulls the spear hard over the top of the head and leads with the elbow. The elbow should come through on a level higher than the throwing shoulder and the spear should be released on a plane above the head of the thrower. The non-throwing hand should be allowed to come as a release in the direction of the non-throwing shoulder. The focus should be on pulling through the point of the spear during the arm stroke. Spear Conditioning DrillSpecific Force Exercises1. Delivery drill with weight in throwing hand. 2. Delivery drill with weight held in two hands. 3. Transfer drill with weight held in both hands. 4. Cross Over with weight held against hip. Arm Conditioning Drill – Weighted Ball Throws Basically, a thrower wants to throw a weighted ball heavier than the spear (1000-1300 grams for men and 800-950 grams for women) and slowly to a ball until the preseason (2-3 weeks after the competition season). These ball throws should be directed from a chair, from a standing throwing position and from 3 & 5 steps. This will develop arm strength so that the athlete is less prone to injury, and the athlete will also have the speed of throwing movement increase. Hip flexibility and agility1. Cariocas 2nd Quarter and Half EaglesAs The founder and president of the National Throws Coaches Association (NTCA) has coach Rob Lasorsa a wealth of technical knowledge that he can share with coaches. He has produced several DVDs and written five books about the throwing events. He is the former Head Track Coach at Kent State University.DVDs by Rob Lasorsar Come to Javelin Throw Practice • Come to Discus Practice • Come to Rotational Shot Put Practice • Come to Glide Shot Put Practice by Jim Giroux, University of Southern Maine Track CoachThe Spear, as the other throwing events has its peculiarities. With 800 and 600 grams respectively, these men's and women's devices are the lightest of the four throwing events. It is the only throwing event that takes place outside a ring with a long run. Therefore, a greater demand is placed on the transition movement abilities, as the throw moves from straight to crossover steps and finally to the throwing position. We will begin to examine and explain the steps and exercises necessary to achieve a throw from a complete approach. Each section has technical points to lead your throwers during the exercises. The Gripln most literature about the spear three grip styles are discussed; Finnish, Fork and American. Research was carried out on which style promotes a better rotation of the spear in flight and which uses the strongest fingers in the hand. The similarities between all three styles are that the palm should be held by the crossover steps through delivery. The spear will rest over the palm tree in all three styles. When choosing a style with a beginner or experienced thrower feeling and how the thrower comes behind the throw will be important. Some throwers want to have the bony part of the finger or thumb joint directly behind the handle cord. This gives them a solid surface to draw and push when delivering the spear. Others slightly change this part of the handle. Learn the Standing ThrowBy with other devices (medicine balls, knocking or spear balls) in addition to drills made with spears you will be able to teach delivery mechanics from scratch. The use of medicine balls is a great way for the athlete to learn how to use the whole body to deliver a device. Movements such as jumping include extension on the ankle, knee and hip. The drills with the medicine ball move from directly overhead throws to throws that involve blocking a page. On all drills under a ball between 4-7 pounds that should bounce should be used. All drills can be performed anywhere from 1-3 sets of 6-10 repetitions. During the discussion of the technology, they assume that the thrower is right-handed. Straight Up with a medicine ball directly under the chin. Squat fast and jump up delivering the ball as high as possible overhead. UndersBegin with ball over head quickly bend and place it between the knees and deliver curved as far as possible. Russian ErTwistStart with ball at belly button height with slightly curved arms. Start by moving the ball to one side. Two key teaching points on this exercise. First cue rotation of the back or away foot, so that the foot shows the step of the other foot. The second body weight should shift completely from one side to the other with each rotation. Move continuously from right to left. Side or Hip ThrowStart by being 90 degrees from a wall or partner. Start with the ball at belly button height and swing it back behind the right hip, which also shifts the body weight to this side. Deliver the ball at hip height. Move in the same way as the Russian rotation rotate the right foot and shift body weight over the front leg. Repeat throw. Also drill from non-throwing side. Two-armed Javelin throw with Medicine BallBegin in the same position as side or hip throw. Instead of starting the throw when the ball is behind the right hip, move the ball further back and forth so that the ball ends stretched behind the head and all your weight is on your back foot. Just as the litter begins, you should look towards the throw and have your shoulders square to the wall or to the partner. Use the same instructions as before to get your body weight through your left side on delivery. Throwing medicine balls allows your athletes to learn how to sum up forces to deliver a device. The following drill sequence uses the spear. Two arm throwsPick a handle from above and put spear in the same delivery position as #5 top adding your left hand over the right. Either step into the litter or do it from a relay position like above. Select a target a few meters away and try to hit it. Work down the field, slightly increasing the distance between the target. Downhill Target ThrowsUse a slight decrease. Start the spear at eye level. Progress in this way: (A) Start with staggered feet. (B) Start with the left foot next to the right and move it to the delivery line. (C) Start at the left back right and move it to the delivery line. Level Target ThrowsUse the same history as previous drill. Increase the target distance as you work your way down in the box. This can also be done from a 3-step position. Standing Throws Begin with left foot behind right and move it to delivery position. Also hold your left shoulder with the right when blocking. Hold your hand up so that the spearhead stays on the floor. This you can get under or behind the spear. Move your left arm out of a long position with your palm out into an elbow to the rib position. Keep the right side moving (press and rotate) while the left side comes into position. Learn 3 and 5 step throwsThe 3 and 5 step throws start in the same position, with the spear withdrawn and the right foot in front of the left. In the case of throws from these two distances, the athlete is asked to hold his left arm up and bent outwards with the palm of your hand (thumbs down). The chin should move near the left shoulder. We discussed in Standing throws notes for delivery and blocking; here we will focus on the action of the crossover steps. • The penultimate left position (one before the last right position) is decisive for the final throw position. It must be active and link the acceleration of the previous crossover steps. Cue this action by reminding the athletes to keep moving. They will want to get ready to throw and slow down. • By using this step, it will help to get your block leg (last left) down faster. It will take some time to complete the crossover steps. It is an ability to accelerate while running in a side on position. Here are some exercises that will help you run better in this position. • Side motion drill20m, 2-4x ea. with Jog Return, Pick 3-6 • Side Shuffle with/no arms, small amplitude • Side shuffle with/no arms vertical emphasis • Side shuffle w/no arms horizontal emphasis • Repeat with arms, sweeping circles • Cariocha, small amplitude, hip work • Cariocha, lateral emphasis • Tapioca, lateral and high knee effect with backbone • Crossover with action Side • Crossover with carrying effect, ea. sideFinish with 8-10 run, crossover, etc. all 5 stepsVariations 1. Make some drills run with spear 2. Do 8-10, crossover with spear 3. Do this on a light hillLearning the Approach Full ThrowThe first part of learning the approach is always withdrawn the spear. This movement is completed in two steps. The conclusion of the withdrawal is the beginning of the five-step position that we have just discussed. The smoother this part of the throw can be, the less momentum loss will result. This can of action should be practiced while walking, then jogging and finally a run. Start with spear in the overhead carry position (over shoulder, flat or nose slightly down) step first with the left, then right (start of withdrawal) and then left (spear is pulled back). Check the position of the spear and the left arm, repeat. Once this has been practiced by walking, start jogging and running it in conjunction with 5-step approaches to use it. This will serve as a link between these litters and complete approaches. First from a walk, then from a jog and finally a run. Once the spear is withdrawn (starting of the 5-step throw), the 5-step part can be walked, jogging or run. You can throw from this drill or just go through it. Adding the remaining steps that to have a complete approach is relatively simple. An 11-step approach is a good starting point. Some exercises mentioned in sections 3 and 5 steps will help you transition from running to crossover part of the approach.1. The approach should start with a left step (11 steps). Start by taking the approach that counts the number of steps and knowing which ones On. Practice this without spear throwing, jogging and running. 2. Add the spear and go the same way with approaches to go, jog and run. There is no need to throw yet.3. Next, you begin to mark where the left foot (block leg) lands when running through the approach. If you have selected 4-6 approaches, note the distance and add a spear length to it and measure the entire approach. This can be done either by spear lengths or by measuring tape. Do this on the same surface as you normally throw from.4. You can walk Sichane straight through as described above, or you can come to a stop around the toeboard in the standing position. SummaryThe components of the

javelin throw should be practiced as progress, so that there is a connection in the learning pattern between the basic movement and the desired final result. Since each part of the litter is set up by The Effect of the previous movement, it is important to be consistent and practice perfectly so that the parts flow into each other. Other.

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