

TOM PETRANOFF

Javelin - Level 1

Basic throwing skills and drills

Beginner Core Training

Games



Games



Distance and Accuracy practice:

Once the throwers have successfully mastered the target drills they will then move on to throwing for distance...keeping in mind the importance of proper technique and by having control over the throw. Make sure that they learn how to throw with both weak side and strong side. The weak side has no bad habits so it helps the strong side find the right throwing stroke. Mix the games up, throw at garbage cans, targets, basketball hoop, or trees so you can develop accuracy is very important.

Three...Five...Seven-Step Approach:

A right handed thrower will start with the right foot forward and the right arm back. The Turbo Jav should be drawn back and the non throwing arm or left arm pointing in the direction of the throw. Both arms should be held high just above the shoulders. Your first step should be with the left foot, second step with the right foot moving quickly to allow the third step off the left foot or the block leg to get down quickly. The left arm at the plant or block should pull into the rib cage quickly, which will allow the right shoulder and hip to accelerate over the leg as you throw, which will then allow your body to continue to the follow-through position. Once you have mastered the 3-step, add 2 more steps which would be a 5-step then once you have mastered the 5-step, add 2 more steps which would complete the 7-step approach.

Distance and Accuracy Games:

Distance:

The object of this game is to throw for accuracy and distance. Draw a straight line for throwers guidance. Throws are measured from the toe-board to where the Turbojav lands nose first. 1st Place 5 points, 2nd Place 3 points, and 3rd Place 1 point

Skills and Drills:

Organize athletes into groups relative to how many Turbojav's are available. For example, a group of 24 athletes with 6 Turbojav's should be organized into 6 groups of 4 athletes. Place a group into a safe throwing formation. This means each group will be lined up behind a group marker, all facing the same direction, with adequate space between each group. For further safety, a coach may wish to have the athletes waiting for a turn behind a 2nd marker.

Target/Garbage Can & Basketball Hoop

The aim of these drills is for athletes to throw the Turbojav and hit the allocated target. For the first couple of lessons begin by positioning the throwers 5-10 meters away from the targets. As your athletes master the skills they can be moved further back. Points should be awarded only if the rubber tip of the Turbojav hits the target. Correct flight of the Turbojav is what we are after while performing these drills. Eventually athletes or groups could compete against each other and points should be awarded not only for accuracy but also for who has the best flight and technique.

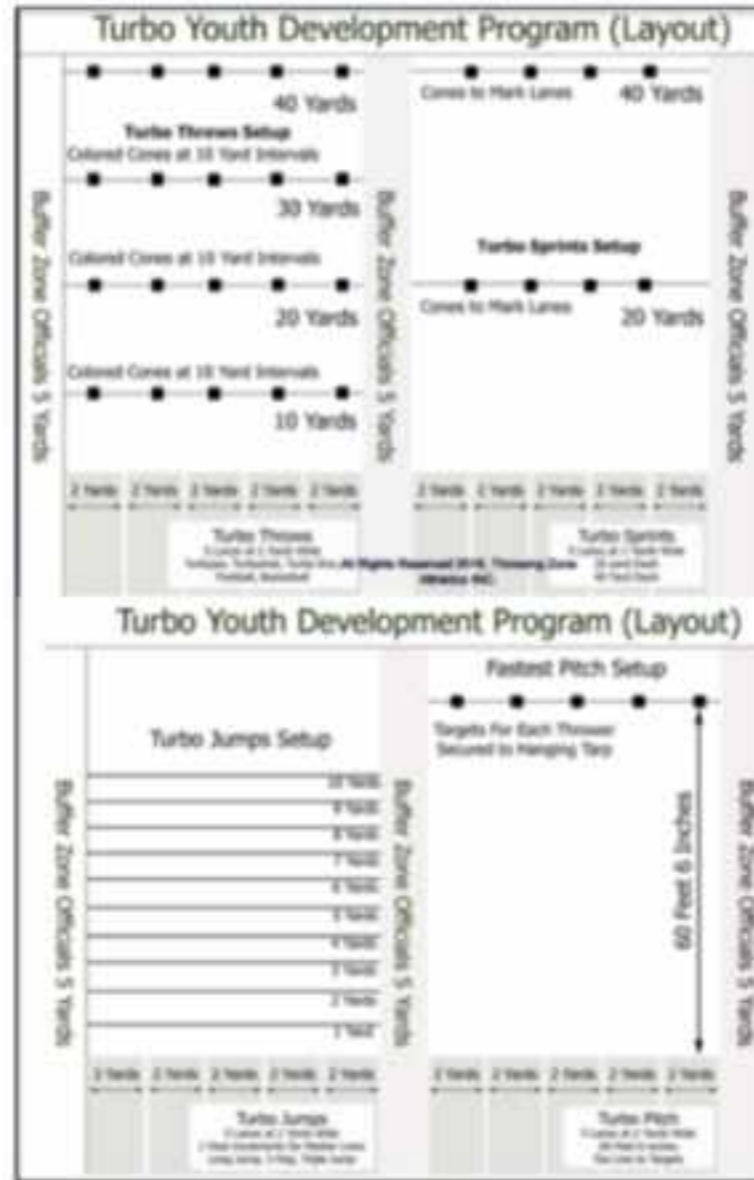
Skills and Accuracy Games:

Over the Shoulder System Target: Points are awarded for the nose only hitting the target. Five points-for inner circle; 3 points- for middle circle, and 1 point-for outside ring

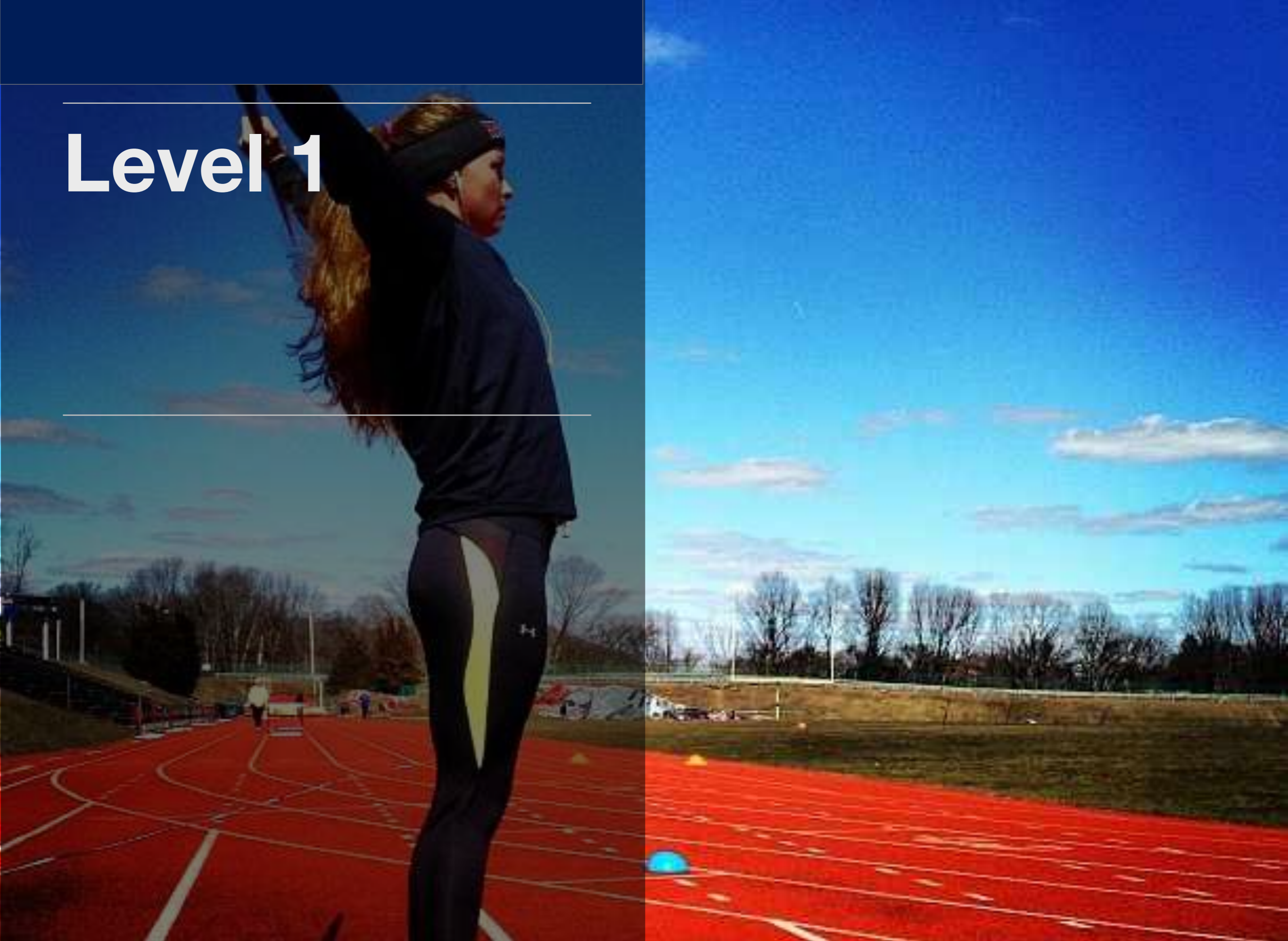
Garbage Can:

Points are awarded for nose hitting the can and Turbojav going into the can. Five points-going into can, and 3 points-hitting the can

Make up your own games. Turbo Golf, or throwing over fence.



Level 1



Level 1 Description



Training level 1

- Who should use our manual?

Middle school, high school, college, special Olympics, parents, little league, football coaches, throwers in general, master athletes, children. Young throwers should cut 20-25% of the volume but still try to do all the training groups. They can pick the core exercises and add few new drills each time.

- Goals

Level 1 is for throwers that want to become familiar with a world class system at a young age or at a basic conditioning and throwing level. Athletes will practice three times a week for an hour and a half. Two days are meant for conditioning and fitness and one day is for pure throwing. During conditioning, the athlete will improve gradually all the core through sprints, jumps, throws and flexibility. We emphasize weak and strong side throwing, as this brings the balance to the body. Throwing drills are a vital part of our training, it should be done from all throwing positions, with two arms and single arms.

Games are fun and help to improve throwing skills and mechanics as we use our fun targets to develop throwing fitness.

- Duration

Some throwers will be able to do Level 1 three to four months and jump into Level 2, this will depend only on how quick the athlete adapts and builds a basic fitness and improve, while some others just might stay at that level, as it is challenging enough and takes time and energy to accomplish.

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- How to follow our manual

We have included a list of groups that combine all major training areas. As a world record holder and elite thrower, I used the same principles as level 1, but added time, repetitions, weight, amount of training sessions and recovery

We want to measure our progress over a period of time. Basic level, maximum 10 tests, intermediate or level 2, 20 test, elite, or level 3, 30 tests. We test the core and add additional tests. Keep good track of them as you will be able to monitor your development and progress accordingly, TAAT, t

Level 1: 10 tests

Exercises, repetitions and weight

Groups of training exercises

- Equipment to use:

Turboshot – Medball of 2 kilos. Turbojav (depending on age, use 300, 400, 500, 600, 700 and 800 g)

Age 8-10, 300, Age 11-12, 400, Age 13-14, 500, Age 15-16, 600, Age 17-18, 700

Age 19-20, 800

- Rubberband: Rubberbands are an excellent tool to build flexibility and strength over time. How to do it? Tie one end of the Rubberband to a firm place, extend it and start pulling gently, increase the strength of the pull over time. The idea is that the stroke is relaxed but firm. Feel as your muscles stretch, hold the position for few seconds and go back to the starting position.

- Medball throws with 2 kilos

2 Handed forward, 2 hand over head, 2 hand under head, 1 hand strong side standing, 1 hand weak side standing, 2 hand side to side backward, 2 hand chest press, 2 hand one step, three step, five step, seven step

Core throws

2 Handed forward, 2 hand over head, 2 hand under head, 1 hand strong side standing, 1 hand weak side standing, Do these core throws twice a week, 20 throws each time. Warm yourself up into the throw. Don't start throwing with full power as you will fatigue the muscles and will not achieve the desired outcome. As you warm yourself up into the throws, increase slowly the intensity of them

Additional throws

2 hand side to side backward, 2 hand chest press, 2 hand one step, three step, five step, seven step. These type of throws require more coordination

and body control, so lets pick three or four throws each time and develop the body set

- Jumps and Sprints

Runs and jumps are essential part of the javelin throw.

Standing and triple jump: Choose a soft landing area, like the long jump pit. Bend your legs 90 degrees and try to jump as far as possible.

Standing triple and three hop jump: Count 6-8 meters back from the long jump pit border, bend your legs 90 degrees and do left-right-left jump and mix it with right-left-right jump. Be careful initially as this will put some stress to your knees. We javelin throwers don't like triple jumps, but they are essential to develop strong, explosive legs.

For the single leg bounce and 2 leg bounce, do them on a soft surface such as grass, as they will put stress on your legs. Start the first series very slow and build yourself into longer, more powerful jumps over time.

Depth and vertical jumps:

Start by choosing an area that is at least 50 centimeters higher. Stand with both legs and jump down softly, stretch your legs as soon as you land on the surface. This will help to develop a strong block and powerful legs.

- Sprints

Front and back sprints will help develop overall running and leg speed that is very important for throwers. Mark 30 meters and go to the starting line. Ideally is that you gradually increase speed, so start slow in order to avoid injuries. Do 5-10 Sprints, front and back.

- Running drills: You can do a mix of different running drills, that include skipping, exaggerated skipping, sideways running, hops, and all sort of drills.

Stadium stair drills

Stadium offers a great way to increase leg strength. Use the stairs to do skipping, two leg jumps, one leg jump, fast skipping, exaggerated skipping. Do at least 20 repetitions on a distance of 15-20 meters if possible

Stretching: Stretching is a core part of our training and it should be done after practice. Try to stretch main muscle groups slowly, staying at fixed position for at least 10 seconds, then rest, then do it again. We need to be flexible in all muscle groups in order to avoid injuries.

Mental training: how to do it,

MISSING

Throwing

Text



Stand straight and relaxed, with the Turbojav over your head. Aim at a target with your left arm. Pull slowly back and bend your knees. Use your back and your hip to create an arch. Once you feel the shoulder stretching, move your arm forward. Remember to do it strong-side, weak side.

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One Arm Drills: Left and Right Side

2 x 20 Reps

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