

Javelin

- IMG Academy 3 Jav drills
 - <https://www.imgacademy.com/news/3-track-field-drills-become-better-javelin-thrower>
- Youtube Jav Walkthrough
 - <https://www.youtube.com/watch?v=75RsN-O8Deo&pp=ygUUeW91dGggamF2ZWxpbiBkcmlsbHM%3D>
- Level 1 javelin Training
 - https://specialolympicspa.org/images/stories/Sports_Offered_Files/TurboJav-_Level_1_-_Basic_Throwing_Skills_Drills_Compressed.pdf

Shot Put

- Shot put for beginners
 - <https://www.youtube.com/watch?v=zEJ1yPQ2FXM>
- HOW TO TEACH SHOT PUT TO YOUNG ATHLETES
 - <https://coachingyoungathletes.com/2017/05/29/how-to-teach-shot-put-to-young-athletes/>
- Basic Shot Put Technique for kids
 - <https://coachingyoungathletes.com/2020/05/14/how-kids-can-learn-basic-shot-put-skills-at-home/>