

Javelin in the Junior Cycle: A Backward Chain Method

Throwing javelins can be a popular activity in the Junior Cycle. But it is a dangerous activity with both ends of the javelin being potentially lethal. Teachers and pupils must respect the dangers and it is essential that 'thinking safety' be part of every lesson or practice session. Full freedom to discover the best ways of throwing using weapons is a non-starter as safety practices and correct form must be emphasised from the beginning. Here is a way to teach/learn the javelin based on practices in a backward chain. In teaching via a backward chain the very last movement is taught first, then the second last and so on. Stella is the athlete demonstrating suitable practices for Level One in the Junior Cycle. Don't get put off by the safety guidelines – teachers and pupils must internalise them and then have fun with the thrill of performing skilfully.

Safety Guidelines

- Both the point and the tail of the javelin are dangerous.
- Javelins should be carried in an upright position.
- Never lift a javelin up without checking that there is no one behind.
- Never throw or simulate a throw without permission of the teacher.
- There should be a designated area for throwing, preferably marked out and other athletes must know this.
- The general rule should be to collect when all javelins are thrown and then only on the orders of the teacher.
- Throwers waiting their turn should stand well back.
- Participants must not wait to throw in the throwing area.
- Don't run to collect a thrown javelin but walk.
- Put a hand over the tail of the javelin before pulling a javelin out of the ground.
- Make sure that throwers are not too close as a miss-thrown javelin can hit the next thrower.
- Participants should be encouraged to perform a simple warm-up routine, which includes exercises for the shoulders and arms.



PRACTICE 1

COMMON GRIP

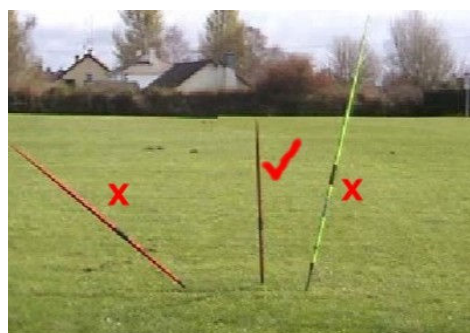
Thumb and second finger at the back of cord grip. Accept also the thumb and first finger at the back of grip.



PRACTICE 2 a

BENT ELBOW THROW

Proper grip, Palm upwards, Elbow to the front, Throw with arm only, Throw outwards and downwards, Not too far but not too close, Check alignment of javelin in the ground, Comment on the best directed javelins. Start with the javelin pointed downwards. Be safety conscious.



PRACTICE 2 b

POWER INTO THE POINT

It is important to put the force into the length of the javelin i.e. the force must be directed into the point and not as in the javs on the left and the right. They must not fly sideways or with the point too high or low.



PRACTICE 3

BASIC STANDING THROW

Stand Sideways, Look over left arm, Palm upwards, Arm holding javelin long with hand over height of shoulder, Javelin flat or tip slightly down, Best to have the tip at eye level, Hips turn to front first and throw.



PRACTICE 4

STANDING THROW WITH FOOT UP

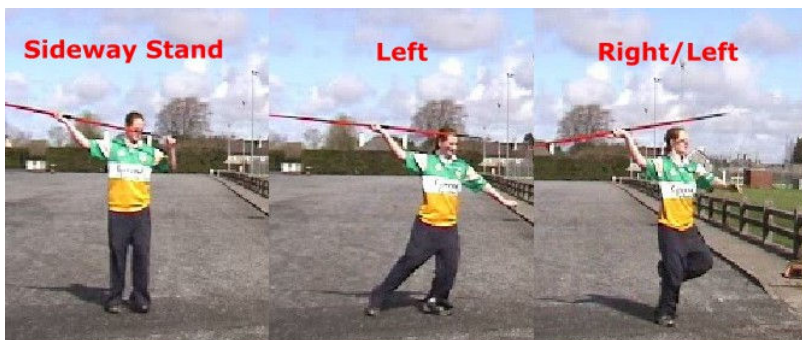
Same as Standing Throw but lift left foot up, Put the foot down and throw.



PRACTICE 5

THREE STEP WALKING THROW

Stand sideways, Palm up, Arm Long, Hand above height of shoulder, Tip at eye level and looking over the left arm. Walk - left, right, left and throw. Start with feet to-together.



PRACTICE 6

THREE STEPS WITH RHYTHM

The same start but introduce rhythm. The rhythm of an Impulse Stride is important for throwing from an approach. Left step and then right/left quickly.