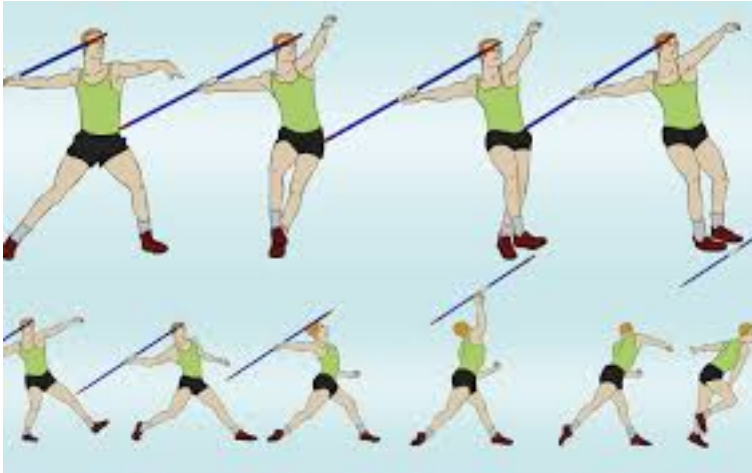


Javelin



Hold javelin in dominant hand about head height facing direction of the throw. Shoulders and hips square to target.

Build from a jog to a run.

Crossovers - At the beginning of the crossovers the athlete starts to move sideways and the left hip starts to face the direction of the throw. The left arm goes back across the body as legs cross. And the javelin is drawn back fully by the throwing arm

The penultimate step 1-2,3 – Left – Right - Left

Position of Javelin and shoulders – alignment should be parallel with javelin slightly higher. The throwing arm held as far back as possible

Release at a 45-degree angle and follow through