



International Javelin Conference

Gymnastics for Javelin Throwers

Petteri Piironen, Tiina Vilenius
Demo athletes: Teemu Wirkkala, Sami Peltomäki

General information about training

Javelin throwing is power sport which requires strength and speed from the athlete.

Technically right performance is very demanding short-term performance with strong skills of throwing. With good skills athlete is able to utilize strength-speed qualities required to Javelin.

Generally Javelin throwers these days have weaker throwing and basic skills than throwers few decades ago here in Finland and also internationally.

I don't believe that know-how of teaching javelin throw is weaker these days. I believe that children's ability to learn new skills is weaker than before.

This is because of changes in general exercises during past years. Children and youths are not able to control their bodies and movements as well as earlier.

Physical requirements of Javelin throw

Good rhythm

→ Run up

Good balance

→ Delivery position

Strong middle core and supporting muscles

→ ground breaking force transition through the body

Good flexibility especially upper body and hip area

→ Correct movement pattern of the arm / cross-over stride

Strong supporting muscles (prevention of injuries)

→ shoulder, elbow

Benefits of gymnastics

Gymnastics as a training method is a safe practise at athletes all ages and levels.

Gymnastics helps to develop physics required to all sports.

Especially for javelin throwers gymnastics as a training method gives a lot of choices to develop physics required to javelin throwers, especially upper body strength.

This demo will go through all the different fields what athlete has to master in javelin throw and gives some examples of exercises.

Demo practise will start now, enjoy! 😊

Good balance

BEAM

- roll up – roll down and hold on releve
- leg lift – step to lunge – up to scale – leg slowly back to front through side
- leg lift – step to lunge – leg up, knee to side – straight leg hold

Good rhythm

FLOOR

- Roll forward – straight jump – hold balance
- Cartwheel with rhythm 1 - 2 - 3 - 4
- Compo: cartwheel to side handstand – roll forward – jump with 360° - straddle roll forward – through the middle split – front support – jump to handstand

Flexibility

- Bridge
- Bridge kick overs
- Elbow bridge and kick overs
- Handstand against the wall – chest to the wall

Strong core and supporting muscles

- Beetle walk
- Hollow – arch roll with sit ups and arch rocks
- From front support slowly to stomach, also with one arm
- Front support slide with push ups (forward) and hands in and out (backward)
- From pike sit push feet forward to back support, also with one leg
- On your back – knee bents with sliders
- On front support – bring leg up to the side

Strong upper body

- Hanging on the bar, feet up and down (close to bar)
- Around the world
- Levers on parallel bars
- Dip swing on parallel bars – feet to the block
- Pull ups and chin the cat on rings
- Arm opening and swinging on rings
- High bar swing → giants