23. Javelin Throw- Pull Throw

A **Pull throw refers to a Javelin, Tennis Ball, howler or Turbo Jav throw**. Athletes should look to practice developing a **good range of movement around their shoulders** and develop good **coordination in their throwing action.** Athletes **must keep their elbow above shoulder height** for all pulling throws.

Stage 1 Red Challenges

23a) Demonstrate a standing **two handed overarm throw**, *bending then extending the arms at the elbows* (**Football Throw**).

23b) Demonstrate a standing **single handed overarm 'Tennis Ball Throw'**, *extending the arm at the elbow, with visual follow through.*

2 stride – footballer throw. Bend & extend arms- PARTNER	Push partner back - **extending** the arm at the elbow, with **visual follow through.**	

Stage 2 Yellow Challenges
23a) Demonstrate a standing <u>two handed overarm throw</u>, **stepping into the throw** (Football Throw).
23b) Demonstrate a standing single handed overarm 'Tennis Ball Throw' with **flicking action through the wrist and fingers**, with visual follow through.
23c) **Stand side on,** with left foot forwards, looking ahead over the left shoulder.
23d) Throwing arm held extended backwards and is then **pulled forwards rapidly**, bending then extending at the elbow.

How to improve – **step into** (Football Throw)	'Tennis Ball Throw' with <u>flicking action</u> through the wrist and fingers, <u>LEFT FOOT FORWARD</u> L feet start – hip toes forward	**Look over shoulder + Stand side on,** with <u>arm pulled forwards rapidly</u>, MOST SIDE ON START?
  Put <u>foot down</u> then launch ball <u>behind head</u>		

Stage 3 Green Challenges
23a) Demonstrate a **single overarm throw** (as Yellow to Green) with **rotation through waist to increase force** (**Tennis Ball Throw**).
23b) Demonstrate a standing single handed overarm pull throw (as Green 23b), **stepping into the throw (left foot in front).**
23c) Identify **preferred pulling arm.**
23d) Correctly **hold Turbo Javelin and Howler**

L FEET & END TOES - rotation through waist to increase force (**Tennis Ball Throw**). How far & how much hips 'Tennis Ball Throw' with **flicking action** through the wrist and fingers, **LEFT FOOT FORWARD** feet start – hip toes forward	**hold Turbo Javelin and Howler**	**hold SIDE THROW Turbo Javelin and Howler**

Stage 4 Purple Challenges
23a) **Demonstrate Tennis Ball Technique (**Red to Yellow) with a Turbo Jav, Howler or equivalent.
23b) Demonstrate a single arm throw (Turbo Javelin/Howler) as Purple 23a with **three stride approach (left, right, left).**
23c) Correctly hold a Javelin in hand demonstrating either **'Thumb and first finger' grip** or **'Thumb and Second finger' grip.**
23d) Correctly explain the safety elements and **rules relating to javelin**.

Demonstrate Technique WITH HOWLER	**three stride approach (left, right, left).**	**AMERICAN GRIP**	**FORK OR V GRIP**
		The javelin is lightly **held across the palm,** with the index finger wrapped around the **top of the cord** and the thumb **pressing against the top** of the cord as well	*grip the javelin between the fingertips of the middle and index fingers*

Stage 5 Blue Challenges

23a) Demonstrate a standing frontal throw with a javelin (appropriate weight).
23b) Standing Throw: hold the javelin back with an extended arm and palm high (facing towards the sky).
23c) Standing Throw: stand side on with feet shoulder width apart, left foot in front with foot pointing forwards.
23d) Standing Throw: the free arm is reached out in the direction of the throw when the throwing arm is held back.

Stage 6 Black Challenges

23a) Standing Throw: extend the right leg at the knee and ankle to drive the right hip forward over a straightened left leg.

23b) Standing Throw: after the hip drive, pull the javelin 'through the point' with the elbow high and close to the ear.

23c) Standing Throw: free arm is rapidly brought into the side of the body, with the shoulder remaining as far forward as possible, creating a stretch of chest.

23d) Standing Throw: keeps body high (straight) release position.