

National Throws Coaches Association

Drill of the Month

Javelin Drill: 5-Step w/Medicine Ball



Javelin Drill

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Javelin Drill: 5-Step w/Medicine Ball

Submitted by : Joe Napoli

Med ball size 2Kg for girls & 3Kg for boys

Keep your arms as straight as possible throughout the entire drill.

Start this drill with the right foot forward and the left foot back and the Med. ball positioned directly above your head over your center of gravity.

Step 1...Proceed by driving off your right foot and landing on your left

Step 2...Upon landing on your left immediately drive off landing your right

Step 3...Upon landing on your right once again drive off and land on your left

Step 4...Drive your right knee up high forcing your body to sit back into the power position

Step 5...Upon landing on your right block forcefully with your left leg creating right hip drive or the "C" position

The Med ball should then be released high above the head continuing with a strong follow-through

Do not initiate the throw with the upper body and always wait to create the block and stretch reflex before you throw.

It is important to remember that an explosive block is always followed by an explosive follow-through.