

TURBO JAVELIN

Turbo Javelin (Turbo Jav) is the first step junior athletes take to prepare for competing in Javelin in older age groups. The action and coordination are developed by throwing a lighter, softer Javelin style object.

Technique

- Feet flat on the ground face in the direction of the throw
- The Turbo Jav should be held at eye level, parallel to the ground, with the point facing forward.
- The non-throwing arm should also be pointing out in the direction of the throw.
- Draw the Turbo Jav back and throw, working on throwing in a straight line to the target.
- Athletes should start working on their throwing in a standing throw then progress to 1-2 steps.

Measuring

For the throw to be measured the Turbo Jav **must land tip first**. Measure from the point on the ground where the tip landed. Measure back through the middle of the circle in the same way you do for other throws.

Foul throws

A foul throw occurs when:

- the Turbo Jav lands out of the area
- the athlete puts a foot over the line
- the Turbo Jav does not land tip first.

