

TURBO JAVELIN

Technique - Standing throw

Standing Throw: With your 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. Your non throwing arm should also be pointing out in the direction of the throw. Draw the Turbo Jav back, 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: Fouls are those which land out of the area, if the athlete puts a foot over the line or if the Turbo Jav does not land tip first.

