

WSTFCA Convention

Chuck Bowden - Central Valley High School (Spokane Valley)

"*Javelin Techniques For All Throwers*"

FOOD FOR THOUGHT:

1. What is your coaching situation? (Big school, small school? Big turnout, small turn out?)
2. What are the training realities for your facility?
3. Do you teach safety? (Liability, risk factors, etc....)
4. What is the skill range of your athletes?
5. Do you have a realistic plan that fits into a 13 week high school season?

ESSENTIAL QUESTION: *Do you coach all throwers or do you focus only on the best throwers?*

COACHING REALITY - A HIGH SCHOOL SEASON (Example using CVHS 2011 Schedule)

Monday Feb. 28	-	Saturday March 5	Week #1	
Monday March 7	-	Saturday March 12	Week #2	
Monday March 14	-	Saturday March 19	Week #3	Invite #1 or Jamboree
Monday March 21	-	Saturday March 26	Week #4	Invite #1
Monday March 28	-	Saturday April 2	Week #5	GSL Meet #1 / Invite #2
Monday April 4	-	Saturday April 9	Week #6	Spring Break
Monday April 11	-	Saturday April 16	Week #7	GSL Meet #2 / Invite #3
Monday April 18	-	Saturday April 23	Week #8	GSL Meet #3 / Invite #4
Monday April 25	-	Saturday April 30	Week #9	GSL Meet #4 / Invite #5
Monday May 2	-	Saturday May 7	Week #10	GSL Meet #5
Monday May 9	-	Saturday May 14	Week #11	GSL District Meet / JV-F Champs
Monday May 16	-	Saturday May 21	Week #12	GSL-Big Nine Regional Meet
Monday May 23	-	Saturday May 28	Week #13	WIAA State Meet

1. How do you coach the event in 13 Weeks?
2. How many actual training days do you have during the season? How do you use them?
3. What is your philosophy on throwing?
 - How do you protect young arms?
 - What do you do if the technique is not there?

The key is to sit down before the season and plan out each week. Keep in mind that for many of your athletes (maybe all of them) this is the only javelin training they do. **Don't let yourself be talked into training your athletes in a way that you believe will hurt them or injure their arm!**

We break the season into four (4) phases:

Phase #1 - Training

Phase #2 - Spring Break

Phase #3 - League Season

Phase #4 - Post Season (District Meet - Regional Meet - State Meet)

Phase #1 - Training (a meet during this phase is treated like a practice)

Monday - Conditioning / EDD's / Medicine Ball Workout

Tuesday - Conditioning / EDD's / Throw Progression

Wednesday - Other events (*adjust this day if you have an athlete who is only javelin*)

Thursday - Conditioning / EDD's / Throw Progression

Friday - Conditioning / EDD's / Towel Drills or Bands

Phase #2 - Spring Break

Monday - OFF

Tuesday - OFF

Wednesday - Conditioning / EDD's / Medicine Ball Workout

Thursday - Conditioning / EDD's / Throw Progression

Friday - Conditioning / EDD's / Approach Work

Saturday - OFF

Phase #3 - League Season

Monday - Conditioning / EDD's / Approach work / Throw progression

Tuesday - Conditioning / EDD's / Medicine Ball Workout

Wednesday - Warm Up / EDD's / Approach Work (no throwing)

Thursday - GSL MEET

Friday - JV/FROSH MEET (Varsity no throwing)

Saturday - INVITE (JV and Frosh no throwing)

KEY POINTS TO THINK ABOUT:

1. You may only have a young JV/Frosh athlete for only 9 weeks - what is your plan?
2. What good is a full approach if it is not used to the proper advantage of your thrower?
(*Fast as you can run, slow down with initial pull back, completely stop to throw right at the line*)
3. When in doubt, keep it simple!

FINAL THOUGHTS: The biggest mistake a coach can make is trying to do things he or she is not comfortable with or not knowledgeable about. Remember, it is great to come to a clinic and learn new things, new ideas, see different technique. The real measure of a good coach is found in their ability to take all of that information and process it into a realistic training program that works in a high school season.

Remember: If your athlete plays in the district basketball tournament, goes on vacation for spring break and doesn't qualify for state - you only get to coach them for seven (7) to eight (8) weeks, possibly less.

There are many other scenarios for each individual athlete - think over each one when it comes to coaching the javelin - that will help you max the potential for them to succeed!

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