Micro-Learning Club Coaching Drill Card #7

Week 7: 4 November 2026:

Junior Throws Fundamentals:

To introduce the fundamentals of the athletic throw events, coaches and athletes should focus on the following key aspects. Note: Throwing based games can make training fun and add variety plus teach movement patterns at the same time. Lighter soft shots or medicine balls can be used for this purpose.

- **Technique**: Each throw event has its own specific technique, such as the glide in shot put, the turn in the discus, the pull in the javelin and a spin in the hammer.
- **Body Position**: The standing throwing position (the power position) must be attained after the approach in the glide, turn in the discus or run up in the javelin.
- **Movement patterns:** The throw involves a sequence of movements that include pushing, swinging or pulling, depending on the event. To learn the event, progressive drills can be taught to enable development of proper technique.
- **Follow through**: After the release, the athlete may remain in the "launch" position or exchange the position of their feet to maintain balance in the circle. With the Javelin, the athlete will take a couple of recovery steps after the release of the implement.
- **Safety measures**: Safety protocols should be always observed to prevent accidents during training or competition. By focusing on the fundamentals, athletes can develop a solid foundation for their throwing events, leading to improved performances and a reduced risk of injury.

For more reading: Read our more detailed document on Junior Throw Fundamentals in our Coaching resource section.

Yours in Athletics

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