

**THROWERS..**

**TO YOUR  
FLAGS !**





## Coaching lancers : TO YOUR FLAGS !

One can use many different implements when teaching and coaching the throwing events. **It is even preferable than always use the competition implement** . This increases the risk of routine and is likely to develop a speed barrier then stagnation of performances.

**THE DIVERSITY OF IMPLEMENTS ALLOWS THE DIVERSITY OF STIMULI THEN DIVERSITY OF ADAPTATIONS AND AT THE END THE RESULTING EFFECTS !**

**THESE EFFECTS CONCERN THE EDUCATION OF POSTURES , OF THE RIGHT SENSATIONS AND THE DEVELOPMENT OF SPEEDS AND COORDINATIONS**

We commonly use towels , sticks , bowls , clubs , elastic bands , medicine ball , kettle bells etc...  
**But the "simple" flags resulting of the marriage between broomsticks and pieces of cloth , are still little known , when not ignored ....AND STILL ...**

The flags stand at the  
Millenium training centre  
Auckland

CHOVA

**Coaching lancers : TO YOUR FLAGS !**

**...AND STILL... they are :**

**The CHEAPEST !**

**The SAFEST !**

**The most UNTERTAINING !**

**The most RELIABLE !**

**The most ADAPTABLE ! , all ages, all levels.**

**The EASIER TO USE !**

**The most SPECIFIC to the different throwing ways**

**In short ...THE MOST EFFICIENT !!!**



"All ages , all levels ..."  
With Natasha FU OUGHTON  
9 years



- ## The "PRO"
- Easy to tinker
  - Cost near nothing
  - Are not dangerous
  - Perfect for beginners , even very young ...( or old )
  - Usable in restricted spaces
  - Usable within groups
  - Fun to use
  - Resistances are adaptable at will
  - Allow imitations with the RIGHT SENSATIONS during the accelerations and strikes
  - Close technical correlations with the competition throws
  - Improve considerably the efficiency of imitations
  - Allow all the exercises usually performed with sticks by adding an external resistance
  - Allow to perform multiple repetitions in a short time.
  - Allow maximal intensity strikes
  - Minimize the risk of unjuries
  - Improve considerably the visualisation of motions and of the throwing path by the thrower.
  - .Help the technical re education during and after an unjury ETC....

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## The "CONS"

- They are not useful for the glide shot put (\*)
- Very limited possibilities for the rotational shot put (\*)
- Minimum of care is needed inside the individual activity zone.
- They are not intended to be thrown (But it is possible), therefore no mesurable performances with their use.
- They are also not intended for hitting objects (Of course it is always possible , but that doesn't bring anything of interest).....AND THIS IS ABOUT ALL !!!

\* Note : The shot put is different from the other throwing events in that in this event one must always try to get the implement closer to the thrower . In the 3 others (discus , hammer , javelin) , on the contrary, the thrower try to get the implement as far away from him (Laterally or vertically) as possible , and this explains why the flags where we increase the distance between the thrower and the resistance are not adapted in the "pushing" action requested by the shot put.



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The best implement for working on the alignments with deliveries at competition intensity with limited injury risk for other people around and for the thrower itself.

# THE JAVELIN

With Holly BARRY  
Ex NZL U18 champion



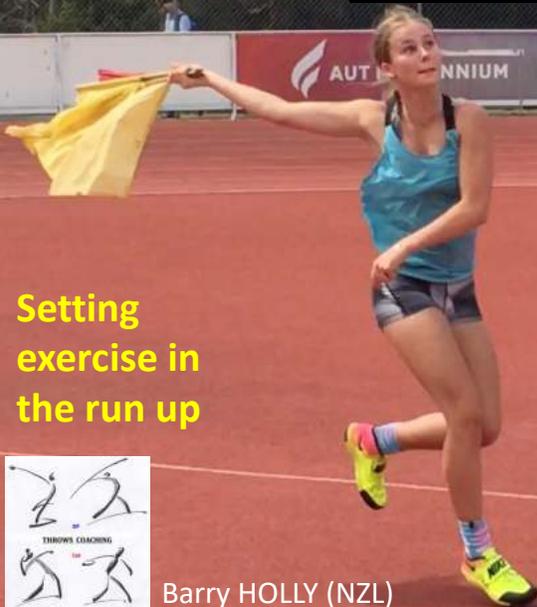
# LE JAVELOT

## Coaching lancers : TO YOUR FLAGS !

When can use flags instead of javelins in all the run up , the setting and the "Hop and block" exercises and more especially in all the delivery exercises . The flag helps to build and feel the good postures with the added advantage to feel the delay of the arm and the whip like delivery !

One can even hit at FULL INTENSITY and SPEED using a full approach run up, with less risk to get an elbow injury.

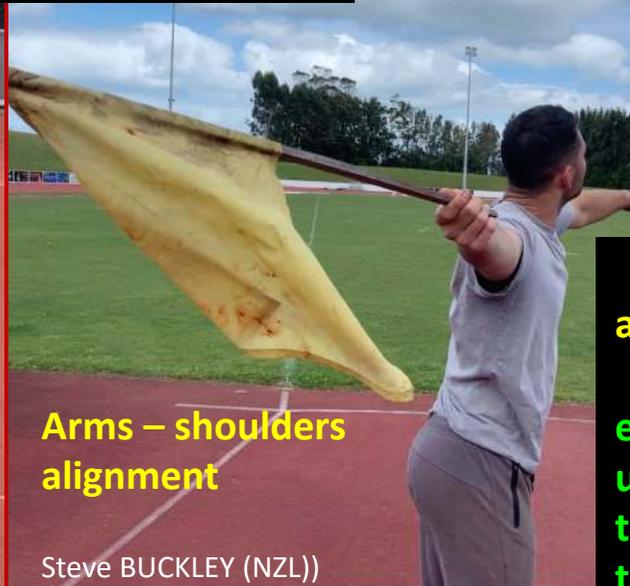
Flags are also excellent for training or competition warm ups , especially when throwers are not allowed to throw at the designated warm up area and when there is no throws specific warm up area (This happens too often !). It does also permit to train indoor , even without indoor throwing area , without risk for the other athletes !



Setting exercise in the run up



Barry HOLLY (NZL)



Arms – shoulders alignment

Steve BUCKLEY (NZL)



Right foot landing exercise after the "Hop"

Teuraiterai TUPAIA (FRA) (Tahiti)



Preparation of the blocking

Stephanie WRATHALL (NZL)



Blocking  
Delaying the arm and building the chest tension

Moana SCHOENBERGER (SUI)

# Coaching lancers : TO YOUR FLAGS !

# THE JAVELIN

with Elikai MANUEL  
(Tahiti) 14 y



Approach run up



Setting



Preparation of the Hop



Full run up exercise :  
Connection between Run up  
– Setting – Hop and Delivery-

Working on the acceleration and rhythm of the approach run up with setting the "javelin" then connection between run up and the "hop and block" phase - using the flags helps to see the faults without eventually endure their consequences .



Hop (Cross over)



Right foot landing reaction



Preparation of the blocking



Blocking

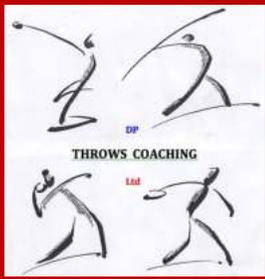


Strike



# JAVELIN EXERCISES

## Coaching lancers : TO YOUR FLAGS !



Strike exercise on 3 strides  
Left – Right - Left

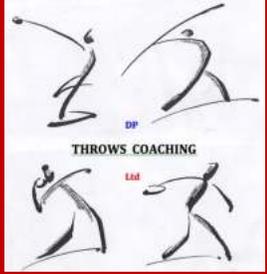
Working on the left side active blocking with alignment of the left leg and left arm in the preparation – And left leg-right arm in the delivery

With Teuraiterai TUPAIA  
French record holder



# JAVELIN EXERCISES

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With Stephanie WRATHALL  
Ex NZL champion

