

FLYING THE FINNFLYER®

1. WALK AND THROW UNDER THE POINT



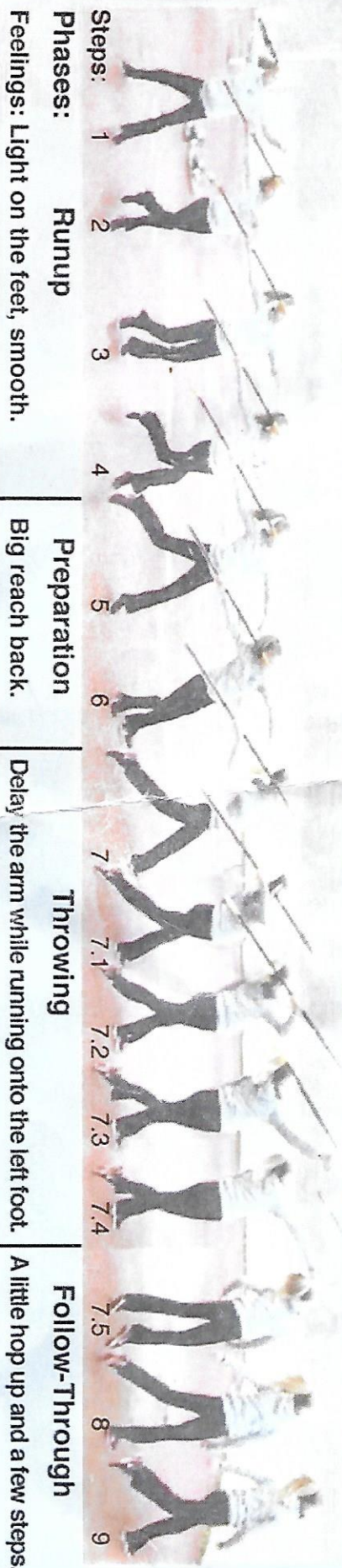
2. WALK AND THROW OVER THE POINT



3. FIND THE FLIGHT LINE IN THE MIDDLE, RIGHT THROUGH THE POINT!



THROWING THE FINNFLIER®



Flight Points: 1. Javelin angle is constant at @ 35 degrees. 2. The force of the throw goes in line with the javelin angle.



Positions:

1. High right arm.
2. Slight leanback.
3. Left arm and leg reach together.



1. Left arm swings opposite of right leg.
2. Knees bent. Low running is good.



1. Right foot lands ahead of torso.
2. Left leg is straight.
3. Shoulders turn open far behind the left foot.



1. The head stays back through the release.
2. The hip goes ahead of the shoulders.
1. She has enough momentum that it vaults her up and over her left leg and makes her take these few last steps. This shows that she used the runup well in her throw.



Outcome:

Running with a rearward lean, steady javelin. Arm back and high.

Smooth, long pull. No arm strain.

Small upward vault, a few steps.

Coaching Cues:

1. Keep your arm high.
2. Steady javelin.
3. Count your steps.
4. Reach out and high with the left arm and leg.

1. Run away from the hand.
2. Tilt your head back.
3. Arch your back and keep the arm high.

1. Start to turn your shoulders open as early as you can, like in 2 and 3.
2. Make a long, smooth pull instead of a sudden hit.
3. Turn the arm over as in frame 7.4.

