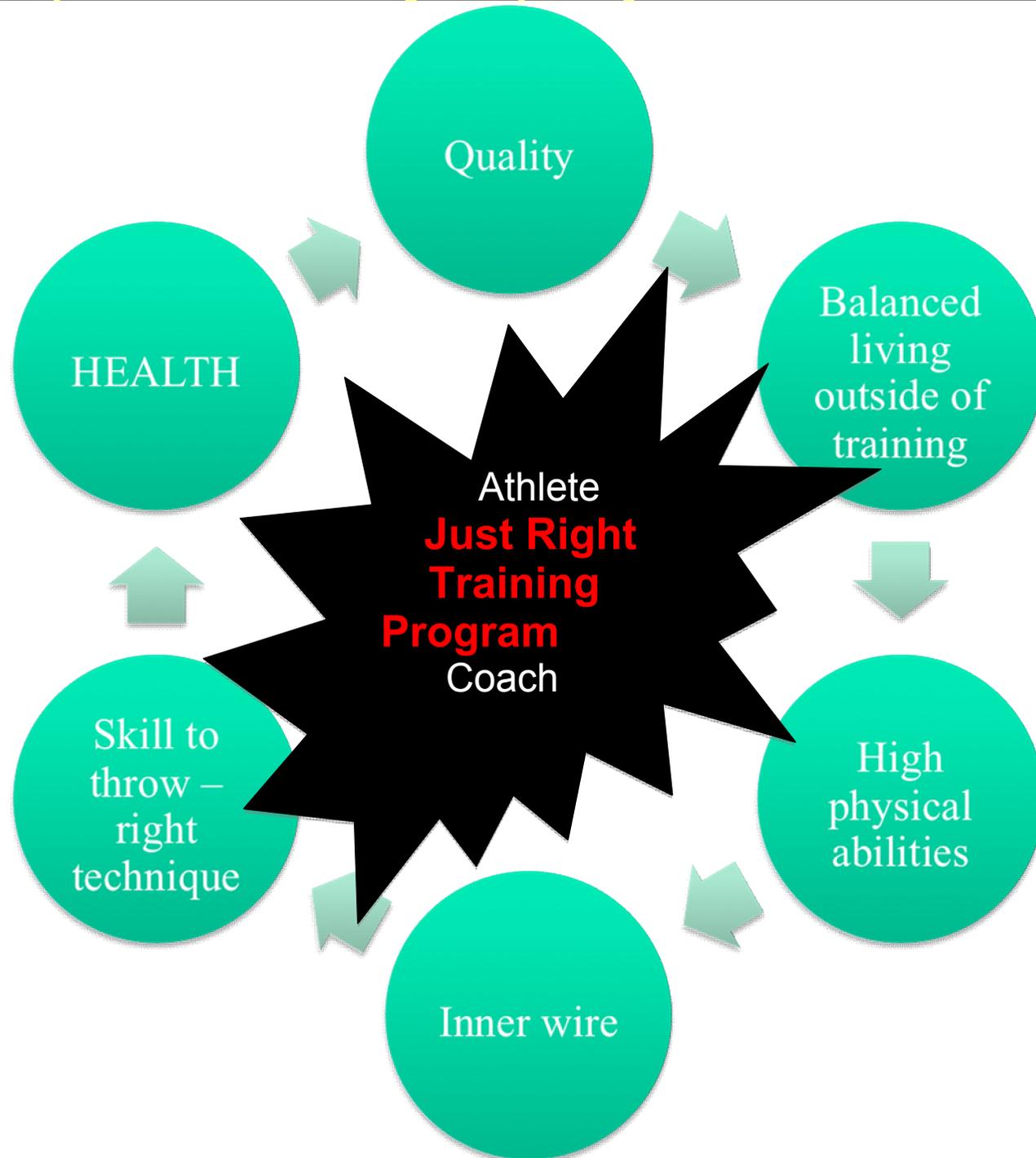




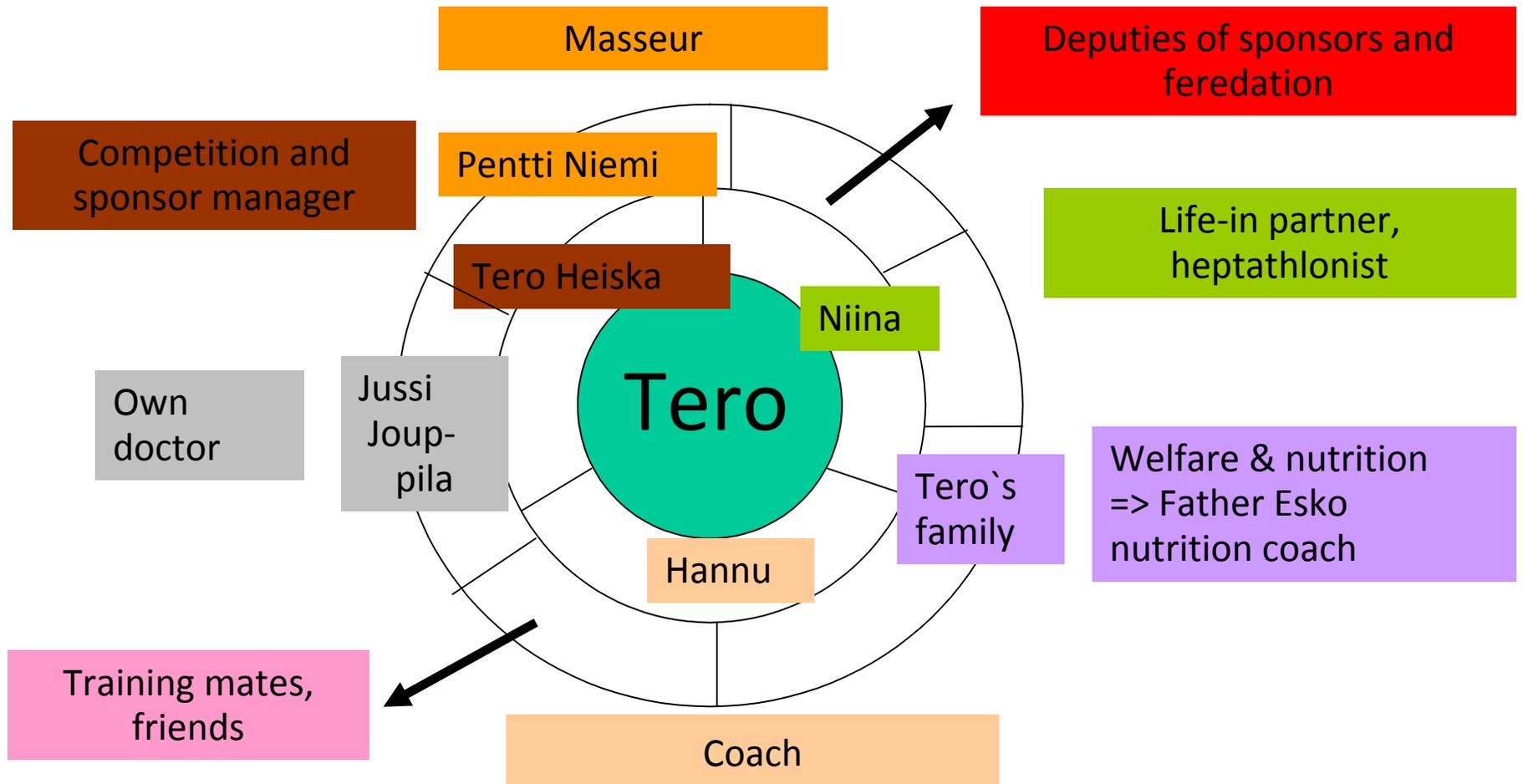
My philosophy and the technical model

Hannu Kangas

My Philosophy of the Coaching



Balanced living outside of training Tero's support team nowadays



Tero's Physical abilities

Test records 2009

20 m flying	2,08 s	-09
Standing 5- jumps	17,55 m	-08
Standing 3- jumps like rabbit	11,30 m	-08
Packward(4 kg),	26,50 m	-08
(5 kg)	23.80 m	-08
Overhead (4 kg)	22.25 m	-08
(2 kg)	29.65 m	-09
Snatch	120kg	-09
Cleans	155 kg	-09
Full front squat	172,5 kg	-09
Full back squat	190 kg	-09
Pullover up	95 kg	-09
Bench press	175 kg	-09



My Philosophy of the Coaching **QUALITY**

- You have to do every little thing as good as possible, even better than all of the other rivals, because they are also training today !
- The thinking must be always with-in yourself!!
=> If you think you can reach the top, you have to be self aware and always be mentally prepared



My Philosophy of the Coaching Health

- **Just right training system**
- **Aerobic training**
- **Right balance between high intensive and recovering training**
- **To be a javelin thrower: throwing**
=> Healthy thrower through big amount of throws
- **Preventing injuries in advance**
=> Doing strengthening movements before injuries

BASIC TRAINING SYSTEM

(november-april)

The goal is balanced, developed training

HIGH INTENSIVE TRAINING

RECOVERY TRAINING

Training camps
-5 long weekends / year in Finland
- 6-8 weeks training abroad

•**Throws**
-2x/week
-Added always:
*Running
* Jumping
* Shots throws / Medicine balls
* Coordination

Strength
- 2x/week

Muchle circuit training
- 1x/week

Aerobic training
- 2x/week

Strength movements for stability muscles
- 2x/week by rubber band
- Pilates

Body-Care
-6x/week
- Stretching
- Nutrition
- Supplements
- Massage every once in a while

*My technical model:
Do active cross-overs, keep it low,
but do not swing it too far*



=> The rhythm of the throw

=> Keep the speed!

My technical model: Landing from cross-overs



- Without leaning back, the athlete stays upright

=> Good position, if the athlete is in front of the straight line from heel to shoulder, like in the picture

- Landing from cross-stepjump even without touching the heel on the ground

=> Maintaining the speed

- The knee of the turning leg (toes) points at about 45 degrees to the right

=> hide the hip and maintain a good rotation in the body

- Close/block the throw with an active free hand, so that the pull doesn't start too early

- The block leg has to be clearly below the other foot after the cross-stepjump has been completed

My technical model
Against the block leg



- The body position is almost so that there is the straight line from block leg to the shoulder of the throwing arm

*Cornes stones of javelin throwing technique:
The right timing of the hip strike*

MOST IMPORTANT

what happens near the knee / hip
(or doesn't)

after the block leg hits the ground

=> What separates the men from the
boys

The right timing of the hip strike



- The best way to achieve the strike: The heel is clearly up and the knee forward and down ALREADY when the support leg comes down,

The right timing of the hip strike



After the chest and hip push forward....

My technical model: The right timing of the hip strike



...AND the heel and ankle turn over
=> This gives the maximum power impulse from hit of the hip
- IF the ankle doesn't turn over, the timing of hit of the hip is very important

My technical model: Distance of the blockleg and the other leg stays long during the pull



The back leg rotates – heel up, knee down towards the blockleg, it doesn't push or go with the throw

=> As follows you use all the power against ground and the block

=> Point of release is almost level with the left foot

=> Shoulder- and hip line won't over rotate

My technical model:

Side – shoulder line stays closed until the block is on the ground



- ⇒ This allows full use of the rotation power of your body
- ⇒ The pull distance becomes clearly longer

My technical model: Forces of the throw go in the same direction as the block = rotation control



*My technical model:
Free hand's active use*



My technical model: The Bow



- You can get all forces of the your body through right sequencing, where tension is created, like a bow

- Right sequence:

1. Front leg block to the ground

2. Strike of the hip

3. Chest forward

4. **Strike with the arm with high hand**

=> right sequence will make the movement like a wave: previous sequence leads to the next one

=> the bow has been shot

-N.B/Please note! You need good flexibility in shoulder and upper back

My technical model:

Solid end

High elbow

=> High release

=> Through right sequence the elbow turns "automatically" (lot of practicing in the background of course = has become automatic)

Free hand blocks

=> The throw doesn't over rotate

=> Forces go straight over blockleg

- The block keeps like a wall
- Please note! Keep the wrist tight during the pull



Tero Pitkämäki – Goals for season 2011

How to be a 90 meter thrower again??

- 1. Getting blockleg working as tight as in best years**
- 2. Getting longer pull**
 - > Throughout elbow operation more mobility**
 - > Throughout better rhythm**
- 3. Getting arm higher during the pull**
- 4. Getting run-up more relaxed and better rhythm**
 - > Throughout more velocity to run-up**
- 5. Changing the training system so that body in on the better shape all the time, especially always in throwing session**