

WORLD JAVELIN CONFERENCE KUORTANE 2018

HOFMANN & MITCHELL

DUE STORIE A CONFRONTO



ANDREAS HOFMANN

ANNO 1991
PB 92,06MT



EARLY DAYS



Source: <http://www.pictacommunity.org/2014/12/>



Source: <http://www.pictacommunity.org/2014/12/>

MTG MANNHEIM



Source: <http://www.mtg-leichtathletik.de/>



Source: <http://www.mtg-leichtathletik.de/>

JAVELIN-THROW

- 2007
 - First Season
- 2008
 - 3rd Place at the German Championships U18
- 2009
 - European Champion U20
 - German Champion U20



JAVELIN-THROW



Sources: Own Picture

- 2010
- Few Injuries
- 2011
- Shoulder Surgery
- 2012
- 2nd Place German Championships U23
- First time over 80m

JAVELIN-THROW

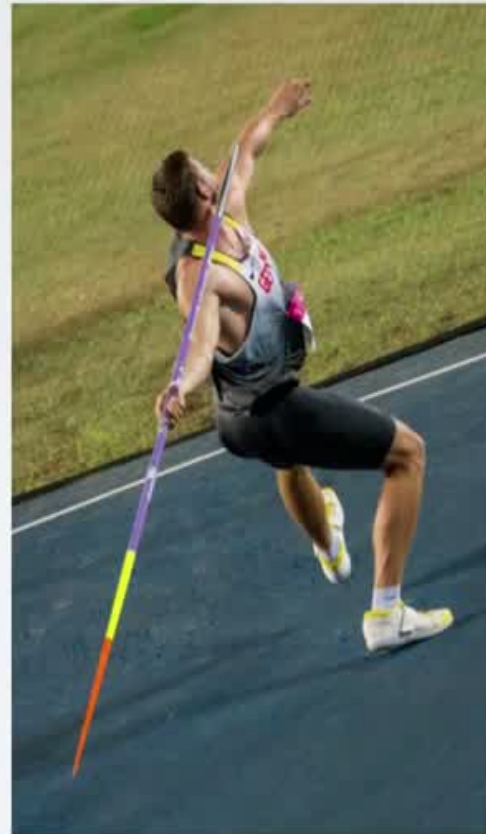


Source: <http://www.sportscotland.gov.uk/~/media/SportScotland/Competitions/Beijing2015/060915>

- 2015
 - 6th Place World Championships
 - 4th Place German Championships
- 2016
 - 3rd Place German Championships

JAVELIN-THROW

- 2017
 - 2nd Place Universiade
 - 8th Place World Championships
 - 5th Place German Championships



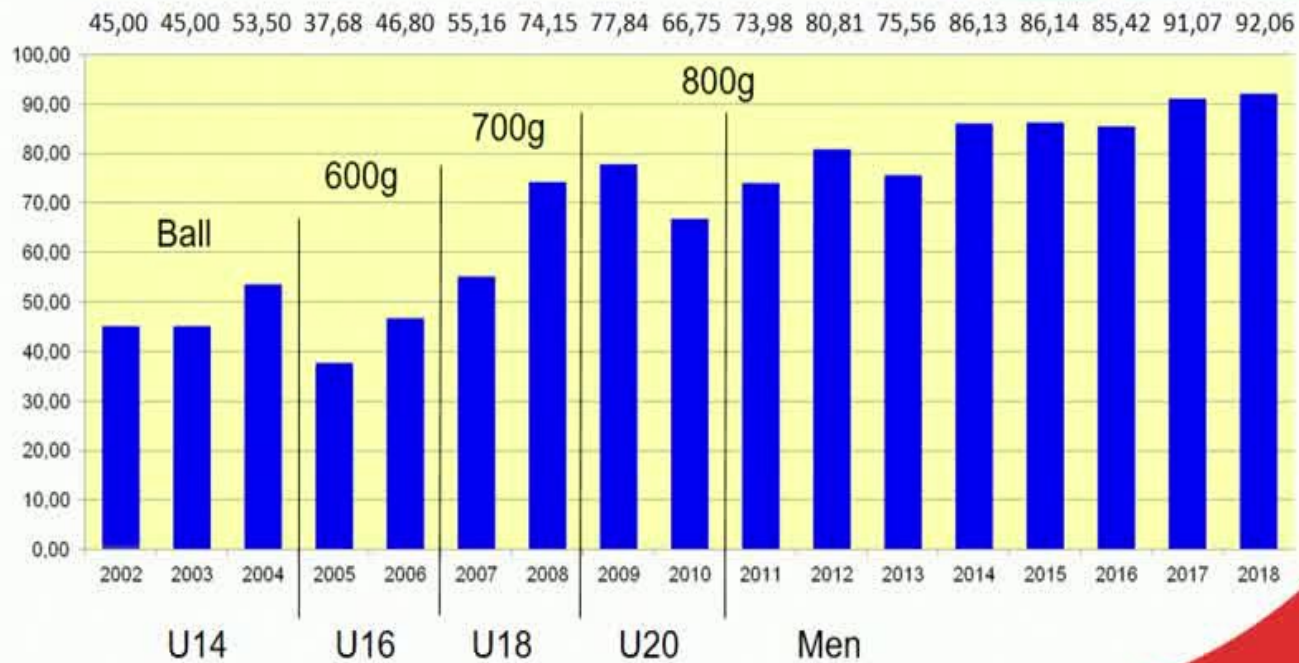
Source: Own Picture

JAVELIN-THROW

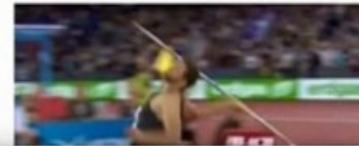


- 2018
 - Diamond League Winner
 - 2nd Place European Championships
 - German Champion

Performance Development



Performance Development



Hofmann2018Zürich_kurz1.mkv - VLC-mediasoitin
Media Toisto Ääni Video Tekstitys Työkalut Näkymä Ohje



Training with the javelin:



2007

Spring 2007 / Combined Events

1 – 2 x training sessions per week in Shot Put and Ball /
Javelin Throw

Training strategy:

a simple system of the technical training

Hofmann12.5.07Heilbronn3.Vers.54,52m.avi - VLC-mediasoitin

Media Toisto Ääni Video Tekstitys Työkalut Näkymä Ohje

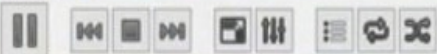


Shot Put and Ball /

Hofmann12.5.07Heilbronn3.Vers.54,52m.avi

00:04

00:06



LEICHTATHLETIK

Training with the javelin:



2007

Spring 2007 / Combined Events

1 – 2 x training sessions per week in Shot Put and Ball /
Javelin Throw

Training strategy:

a simple system of the technical training



2008

Basis:

stability and balance



... are the basement for long throws!



2008

... and this strong and balanced throwing system has to be made also with higher speed and a longer run up

= ... training

objectives / observation points:



optimum acceleration length towards the throw



clearly visible partial sequences



a high shoulder and elbow build a high tension and prevent injuries

objective

stability and balance during the throw

Hofmann18.4.08Training1.avi - VLC-mediasoitin

Media Toisto Ääni Video Tekstitys Työkalut Näkymä Ohje

Korjaukset Väri Taite teho Säädä

Korkeus: 4,2 cm
Leveys: 3,73 cm

Järjestä Koko

Shot Put and Ball /

chnical training

throws!

ted

LEICHTATHLETIK
BADEN-WÜRTTEMBERG

Hofmann18.4.08Training1.avi

00:02 00:04

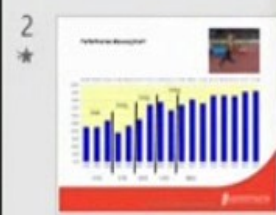
100%

Muistilpanot

suomi

Tiedosto Aloitus Lisää

Leikkaa Kopioi Liitä Muotoiluvivellin Leikepöytä



Slide 3 thumbnail: Text and images

Slide 4 thumbnail: Text and images

Slide 5 thumbnail: Text and images

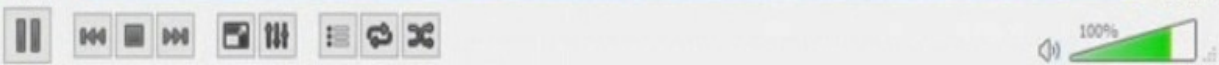
Hofmann18.4.08Training2.avi - VLC-mediasoitin

Media Toisto Ääni Video Tekstitys Työkalut Näkymä Ohje



Hofmann18.4.08Training2.avi

00:03 00:03



Muodon täyttö Muodon ääriwiva Muototehosteet Järjestä Pikatyylit Piirto

system has longer run up
on points:
the throw
tension
W
LEICHTATHLETIK BADEN-WÜRTTEMBERG

Hofmann18.4.08Training3.avi - VLC-mediasoitin

Media Toisto Ääni Video Tekstitys Työkalut Näkymä Ohje



Hofmann18.4.08Training3.avi

00:03 00:08

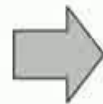
100%



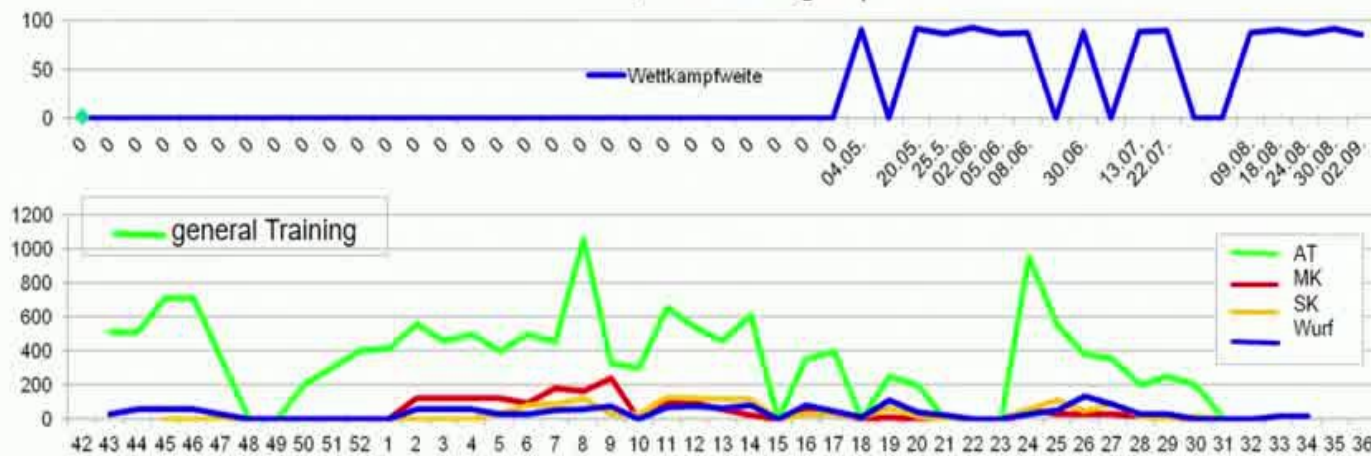
system has
onger run up

on points:

General - / Coordinative Training



creates the framework on which specific training is possible at all



varied training (gymnastics, swimming, ball games, dancing)
stimulates the strengthening of **all muscular structures**



stimulates coordination,
in particular **stability and balance**



prevents injuries





Maximum strength training



serves for the preparation and safeguard of the special strength training and fast strength training



Not the maximum possible is necessary, but the maximum possible preparation.



multifunctional, extensive

the **multi-joint strength exercises** are the ones which bring you one step closer to your goal!

- time factor !



Special strength training



serves to transfer maximum strength ability into special strength ability



serves to transfer the basic maximum strength ability into the discipline specific movement structures



ultimate objective: **transfer to speed ability**





Thumbnail gallery for the video player showing various frames from the video.

PowerPoint ribbon menu with tabs: Kappale, Piirto, Muokkaus. Includes options like 'Tekstin suunta', 'Tasaa teksti', 'SmartArt-muunto', 'Muodon täyttö', 'Muodon ääriviiva', 'Muototehosteet', 'Etsi', 'Korvaa', 'Valitse'.

aining

the preparation and safeguard of the
ngth training and fast strength training

maximum possible is necessary,
maximum possible preparation.

- time factor !

ictional, extensive

ulti-joint strength exercises

ones which bring you one step closer
goal!

ning

fer maximum strength ability
ngth ability

ansfer the basic maximum strength ability
ipline specific movement structures

jective: **transfer to speed ability**



Lutz Klemm / Andreas Hofmann LEICHTATHLETIK BADEN-WÜRTTEMBERG

018_Reißen_einarm.mov - VLC-mediasoitin

Ääni Video Tekstitys Työkalut Näkymä Ohje



TrainingJuli2018_R
eißen_einarm.mov





Maximum strength training



serves for the preparation and safeguard of the special strength training and fast strength training



Not the maximum possible is necessary, but the maximum possible preparation.



multifunctional, extensive

the **multi-joint strength exercises** are the ones which bring you one step closer to your goal!

- time factor !



Special strength training



serves to transfer maximum strength ability into special strength ability



serves to transfer the basic maximum strength ability into the discipline specific movement structures



ultimate objective: **transfer to speed ability**





Kienbaum_2014_MB-Wurf.MOV - VLC-mediasoitin



Ääni Video Tekstitys Työkalut Näkymä Ohje



Hofmann_Kienbaum_2014_MB-Wurf.MOV

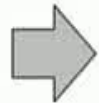


Possibilities to improve the throwing technique



Block:

even distribution of pressure all-over
the entire foot



Right grip and position of the Javelin:
wrist stabilization during the throw



to hit the javelin !

observation criteria:



dynamic process of the
hole movement



rhythm,
– flowing movement



movement length,
coupling of the partial
movements



Hit the „soul“
of the javelin !

KATHRYN MITCHELL

ANNO 1982
PB 68,92MT



PROGRESSION





PART I

CHANGES IN APPROACH TO JAVELIN

PART I: CHANGES IN APPROACH TO JAVELIN

FUNDAMENTALS OF JAVELIN TECHNIQUE



FUNDAMENTALS OF JAVELIN TECHNIQUE



PART I: CHANGES IN APPROACH TO JAVELIN

FUNDAMENTALS OF JAVELIN TECHNIQUE



PART I: CHANGES IN APPROACH TO JAVELIN

FUNDAMENTALS OF JAVELIN TECHNIQUE



PART I: CHANGES IN APPROACH TO JAVELIN

FUNDAMENTALS OF JAVELIN TECHNIQUE



TARGETS

Technical

- ▶ Using foot / hip / shoulder, Body angle leaning back, Delay of throw (longer cross step), Run-up control, Javelin tip control.

Physical

- ▶ Increase special power, Pullovers, Specific testing, Increase general power, Build shoulder stability.

PART I: CHANGES IN APPROACH TO JAVELIN

TRAINING IMPROVEMENTS

	2010	Current Best	(2018)
<u>Javelin PB</u>	58.81m	68.92m (2018)	
<u>Strength</u>			
Olympic Lift (floor)	102.5kg (Clean)	83kg (Snatch) (2014)	75kg (Snatch)
(hip)	100kg (Clean)	90kg (Snatch) (2016)	
Bench	75kg	104kg (2016)	95kg
Pullover	Light DBs	70kg (2016)	--
<u>Reactive Power</u>			
OH Back Shot (4kg)	16.87m	18.42m (2016)	--
Jumping (single leg x 3)	7.50m	9.00m (2016)	8.65m
Sprint 30m fly	3.85 sec	3.4 sec (2014)	--



PART II

TRAINING PRINCIPLES

PROGRAM PLANNING – TRAINING COMPONENTS

- ▶ Warm Up / Drills
- ▶ Running
- ▶ Jumping
- ▶ Technique
- ▶ Throwing
- ▶ Strength
- ▶ Power Transference
- ▶ Pre-Hab
- ▶ SMfR / Active Flexibility
- ▶ Recovery

PROGRAM PLANNING – PERIODISATION

General Conditioning

- ▶ Strength endurance / stability / corrective / functional flexibility

General Power

- ▶ Anaerobic power / maximal strength / reactive power / functional stability

Special Power

- ▶ Specific strength / maximal power / maximal throwing power

Special Throwing

- ▶ Transfer of throwing power and speed / maintain maximal power

Competition / Peak

- ▶ Neural stimulation / refresh

PART II: TRAINING PRINCIPLES

PROGRAM PLANNING

	General Conditioning	General Power	Special Power	Special Throwing	Competition / Peak
Warm Up / Drills	<i>drills, hurdles</i>	<i>drills, hurdles</i>	<i>drills, hurdles, comp WU</i>	<i>drills, hurdles, comp WU</i>	
Running	<i>jogging, hills</i>	<i>track intervals long</i>	<i>track intervals short</i>	<i>sprint intervals</i>	<i>sprint max</i>
Jumping	<i>depth jumps</i>	<i>hurdles, bounding</i>	<i>testing</i>	<i>testing</i>	<i>testing</i>
Technique	<i>runway drills, imitation</i>	<i>runway drills, runups</i>	<i>runway drills, runups</i>	<i>runups</i>	<i>runups</i>
Throwing	<i>MB/shot overweight</i>	<i>target throws shot & jav</i>	<i>shot & jav heavy</i>	<i>shot & jav weight vary</i>	<i>jav light</i>
Strength	<i>lifting technique, stability</i>	<i>lifting</i>	<i>pullover, lifting max</i>	<i>lifting max</i>	<i>lifting neural</i>
Power Transf.	<i>MB general</i>	<i>MB specific, OHB shot</i>	<i>OHB shot test, MB weight variation</i>	<i>testing</i>	<i>testing</i>
Pre-hab	<i>theraband, mobility</i>	<i>theraband, mobility</i>	<i>theraband, mobility</i>	<i>theraband, mobility</i>	<i>theraband, mobility</i>
SMfR / ROM	<i>ball, roller, stretch</i>	<i>ball, roller, stretch</i>	<i>ball, roller, stretch</i>	<i>ball, roller, stretch</i>	<i>ball, roller, stretch</i>



PART III

MENTAL APPROACH TO PERFORMANCE

2018 INTERNAL SHIFT

Recovering from Burnout

"WHEN THE WATER IS BOILING, TAKE IT OFF THE HEAT."

- ▶ Reduction of training load
- ▶ Reduction of training results
- ▶ Reducing internal pressure
- ▶ Results vs Process approach

COMPETITION ROUTINE

Concentration

- ▶ Training vs competition results
- ▶ Technical cues during competition
- ▶ Pre-competition routine
- ▶ Competition routine

PUTTING IT ALL TOGETHER

SIMPLICITY

- ▶ Simple approach to performance
- ▶ Considerations to program planning:
 - ▶ Athlete's age
 - ▶ Athlete's "style"
 - ▶ Athlete's strengths/advantages



GRAZIE PER L'ATTENZIONE

Claudia Coslovich





