

# Javelin

Alison O’Riordan, level 3 coach and a member of the National Coach Development Programme for throws will be exploring:

- The technical and sequential progressions of javelin
- Using drills and effective activities to develop the grip, stance, movement, delivery and release
- Q & A’s on technical issues that you are having with your athlete and how these can be resolved

Coaches will be allowed to bring one athlete to both sessions.

#### Booking and information

There will be limited spaces so please book early. For more information or to book please contact Karen Stephanou [kstephanou@englandathletics.org](mailto:kstephanou@englandathletics.org)



#### Harlow AC

Mark Hall Sports Centre, London Road  
CM17 9LX

**Thursday 14<sup>th</sup> July**

6.30pm to 8.30pm