

This DVD is the third in a series commissioned by Victorian Little Athletics Association Inc (VLAA) to raise the level of basic skills in young athletes in Victoria. This series is for the beginner athlete and parents to attain a competent level of expertise in the featured event.

This DVD covers skills ranging from how to hold the Javelin, through standing throws and then a progression of run-up. It also provides some basic Javelin drills and a overview of the current regulations in place for VLAA Javelin events.



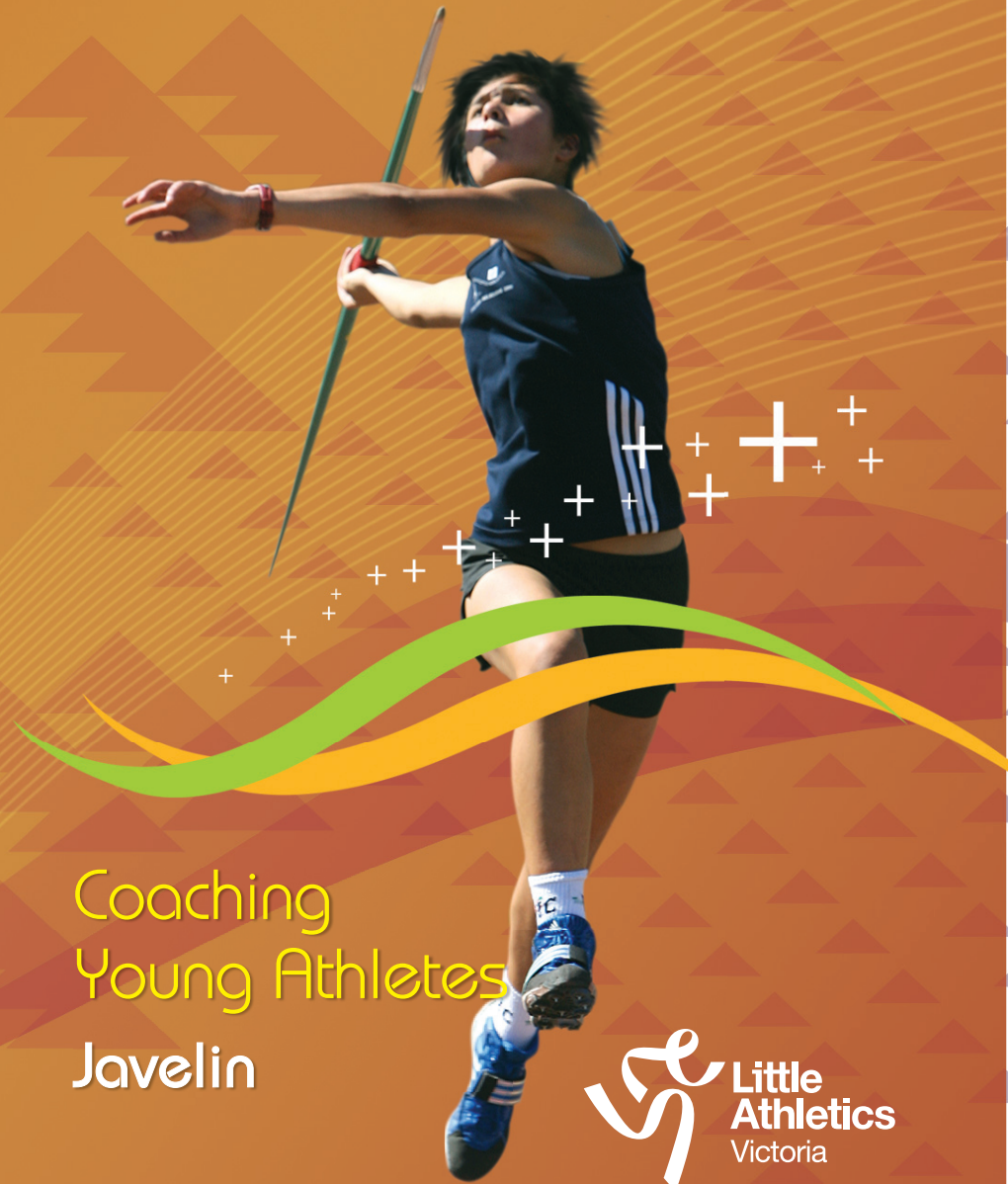
Javelin is the third DVD in the Coaching Young Athletes series Produced by Spinrite Pty Ltd in association with Victorian Little Athletics Association Inc. with assistance from KidsKlix.



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14 Leena Court  
Warranwood Vic 3134

Coaching Young Athletes - Javelin

#3



Coaching  
Young Athletes  
Javelin

