

*Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities*

**Jamaica Javelin**

**Objectives:** To work on throwing out of the javelin power position

**Description:** Designate a starting throwing line and a finishing throwing line 40 meters apart. Use a pool noodle and stand behind the throwing line. Throw the noodle out of the power position and then sprint after it. Wherever it lands, pick it up and throw again out of the power position. Time how long it takes to throw past the finish line.

**Variations:** (1) Count the number of throws it takes to reach the finish line. (2) Extend the distance between the starting line and the finish line. (3) Play for a designated time and see how far you can throw.

**Equipment:** Pool noodle, stopwatch

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