

*When to start turning hips into the throw?*

Some say rotate hips before the plant and others say when the plant strikes.. Which is it??? Does anyone really know?

Anonymous

the answer to the question.

The hips are moving into the plant before the strike. As you reach out with the plant leg the hips are turning in, with the heel of the right foot making its way out.

If you are to wait for the plant to hit first, then start to move the hips all will be lost. Remember, everything is going very fast into the plant, so timing is hurrying in this event. "He who hesitates is lost", when it comes to planting

JG

Regardless of style used, the hips begin turning and moving at right foot touchdown: the plant impact starts the elastic reflex in the trunk that begins the delivery of the javelin. The bracing of the plant starts the twisting of the back and abdominal muscles that pull the shoulder into the throw. This happens no matter the style: straight line like Backley, wrapped like Zelezny or anywhere in between. The plant finishes/stops the movement of the hips/CG so the run power gets transferred into the upper body and finally into the javelin. Waiting for the plant before moving the hips is asking for trouble: poor throws, bad flights and possible injury.