How to Teach Athletics Events

Throws & Jumps

An Interactive Guide for Teachers

**JAVELIN**

Webpages, Blogs & Literature

1. [Step by Step info about the Javelin](https://coachingyoungathletes.com/2016/07/10/how-to-introduce-javelin-to-young-athletes/)
2. [How to throw a javelin](https://www.myactivesg.com/sports/athletics/training-method/athletics-for-beginners/how-to-throw-a-javelin)
3. [Javelin for PE Teachers](https://www.teachpe.com/sports-coaching/athletics/javeling-throwing)

Videos

[Grip](https://youtu.be/ADd_fpg9C4g)

[Grip 2](https://youtu.be/dD9gQJP8e7c)

[Standing Throw](https://youtu.be/4VXiBOf-8Xs)

[Run Up 1](https://www.youtube.com/watch?v=R78c0qqCE6M)

[Run Up 2](https://www.youtube.com/watch?v=-z1wOHzEzS0)

[Run Up 3](https://www.youtube.com/watch?v=rc4XUEVKsEQ)

[Javelin Angles & Alignment](https://www.youtube.com/watch?v=rc4XUEVKsEQ)

DISCUS

Webpages, Blogs & Literature

1. [Discus for PE teachers](https://www.teachpe.com/sports-coaching/athletics/discus-throwing)
2. [Step by Step Discus](https://www.liveabout.com/step-by-step-discus-throw-technique-3258710)
3. [Brian Mac Discus](https://www.brianmac.co.uk/discus/index.htm)
4. [Throws University Blog](https://www.throwsuniversity.com/blog/categories/discus)

Videos

[Grip](https://www.youtube.com/watch?v=MKtGtAtNMas)

[Grip & Release](https://www.youtube.com/watch?v=nOS1Cjx_4eU)

[Slow Mo Throws](https://www.youtube.com/watch?v=jKVkrFBcs8M)

[Discus Body Positions](https://www.youtube.com/watch?v=NKxSW1NNn-4)

SHOT PUT

Webpages, Blogs & Literature

1. [World Athletics - Shot](https://www.worldathletics.org/disciplines/throws/shot-put)
2. [Simple Shot Put](https://www.everythingtrackandfield.com/basic-shot-put-technique)

Videos

[Grip & Release](https://www.youtube.com/watch?v=JMQDhKDFW5o)

[How to Glide/ Shuffle](https://www.youtube.com/watch?v=GtaIuLsCdWY&t=54s)

[How to Glide Part 2](https://www.youtube.com/watch?v=qAINR-C80gs)

[Progression Drill](https://www.youtube.com/watch?v=5LcRfd2oYnY&t=68s)

[How to Rotate in Shot](https://www.youtube.com/watch?v=5LcRfd2oYnY&t=68s)

TRIPLE JUMP

Webpages, Blogs & Literature

1. [Everything you need to know about the Triple Jump](https://www.everythingtrackandfield.com/triple-jump-technique-and-training)
2. [TJ for Beginners](https://coachingyoungathletes.com/2019/09/23/where-to-start-with-complete-beginners-in-the-triple-jump/)
3. [The Triple Jump Club](https://triplejump.club/how-to-teach-triple-jump-to-beginners/)
4. [TJ for PE Teachers](https://www.teachpe.com/sports-coaching/athletics/triple-jump/triple-jump)

Videos

[How to teach the Phases](https://www.youtube.com/watch?v=MjZcMbAAUTU)

[TJ World Record - Mens](https://www.youtube.com/watch?v=mi9KwAy5iQo)

[Triple Jump World record - Women](https://www.youtube.com/watch?v=P1EvpftSEOI&t=101s)

[Step by Step TJ](https://www.youtube.com/watch?v=n6_Q563nGh0)

[Complete Triple Jump Breakdown](https://www.youtube.com/watch?v=LNcgDre53Yg)

LONG JUMP

Webpages, Blogs & Literature

1. [Long Jump for PE Teachers](https://www.teachpe.com/sports-coaching/athletics/long-jump)
2. [Long Jump Basics](https://coachingyoungathletes.com/category/articles/long-jump/)
3. [Simple Steps for the Long Jump](https://www.myactivesg.com/sports/athletics/training-method/athletics-for-beginners/how-do-i-perform-a-long-jump)

Videos

[Complete Guide to Long Jump](https://www.youtube.com/watch?v=3VGGa-97JAs)

[How to improve your Long Jump](https://www.youtube.com/watch?v=5v9p5jBN_Hg&list=RDCMUCXsPh1nwmZ2L5GVwuhlpVmg&start_radio=1&rv=5v9p5jBN_Hg&t=8)

[Hang Technique Slow Motion](https://www.youtube.com/watch?v=qwJaWVpp9KQ)

[Long Jump Leg shoot/ schute](https://www.youtube.com/watch?v=eyLfYFwEzbw)

[Take off Fundementals](https://www.youtube.com/watch?v=a4IsrJO_LQQ)

[Long Jump Run Ups](https://www.youtube.com/watch?v=WkpPl29jDI4)

HIGH JUMP

Webpages, Blogs & Literature

1. [Essential tips for High Jump](https://coachingyoungathletes.com/category/articles/high-jump/)
2. [High Jump for Beginners](https://www.coachup.com/nation/articles/high-jump-technique)
3. [An approach to High Jump](https://xpollinationproductions.com/high-jump-approach/)

Videos

[Running the Curve](https://www.youtube.com/watch?v=-wBdunFVlxk)

[High Jump Take off](https://www.youtube.com/watch?v=dGPE3UGk8O4)

[High Jump - A Simple Guide](https://www.youtube.com/watch?v=NLufVXI7HOQ)

[The Story of the Fosbury Flop](https://www.youtube.com/watch?v=CZsH46Ek2ao)

[How Science and Athletics meet](https://www.youtube.com/watch?v=RaGUW1d0w8g)

[Take off Drills](https://www.youtube.com/watch?v=KUpHOYixdMQ)