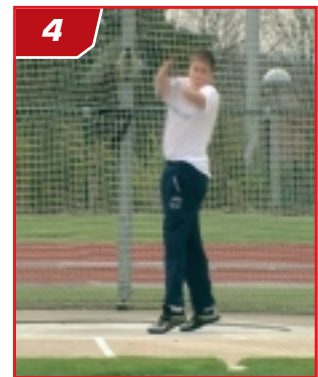
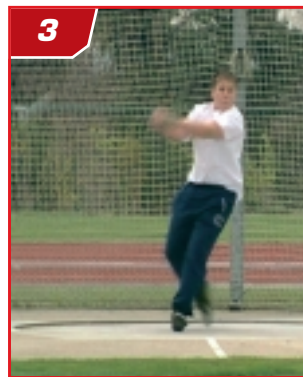
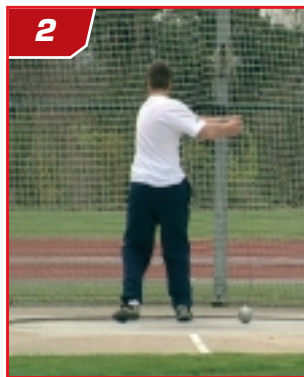
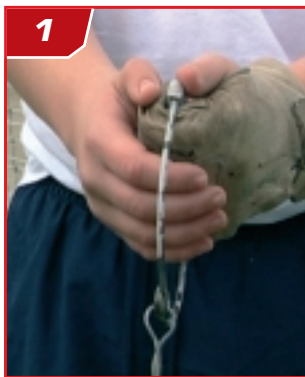


Introduction

The technique for throwing the hammer can be described as either a heave throw or a two handed fling throw requiring agility, speed, strength, suppleness and skill. It is thrown from a concrete throwing circle, measuring 2.1m in diameter. The circle must be encased by a u-shape protective cage. The hammer must land in a throwing sector spanning 34.92°, and no part of the body may touch the ground outside the circle during the throw. The following model covers the basic techniques for the standing throw with preparatory swings, and throw with turns for a right-handed thrower and includes teaching tips to improve performance.

In the early stages it may be best to use a substitute hammer such as a quoit and rope, or a tennis ball inside a nylon tight or sock. In these instances a hammer cage need not be used though as with all throwing activities both teacher and the thrower have responsibility to check that the predicted line of flight and the adjacent area are clear of students before they throw.



Teaching Points

Competition weights for each age group are detailed here. Always begin to teach using lighter throwing implements, before progressing to the weights shown.

Boys	Weight
U 13	3.25kg
U 15	4.00kg
U 17	5.00kg

Girls	Weight
U 13	1.00kg
U 15	3.00kg
U 17	4.00kg

'How to'

The Grip

The hammer handle is held in the left hand. A left glove is usually worn.
The grip lies along the second and third joints (from the palm) of the fingers.

The tips of the fingers on the left hand fit into the base of the fingers on right hand.
The two hands cup to form a U shape.

Preparatory Swings

The thrower should stand with feet slightly wider than shoulder-width apart.
The legs should be bent with the weight evenly balanced on both feet.
The back is kept straight and is towards the throwing direction. Swing from various starting positions without release.
The hammer should start at rest behind and to the right of the right foot.
With arms extended the thrower should swing the hammer from low just off the right foot to a high point above the left shoulder.
As the hammer reaches the high point and moves behind the head, the participant's arms should flex to pull the hammer back round.

As the hammer reaches the low point again, the arms should be extended.

Teaching tips

The legs should be slightly bent, back straight.
Tell students to think of 'sitting down and staying seated' during the throws.
Encourage students to 'look through the window' formed by the arms.
Encourage students to feel their hips moving in opposition to pull of the hammer.

How to (cont.)

Standing Throw

For the standing throw, after two preparatory swings the hammer should be released over the left shoulder.

The arms should be extended and hammer flight should be followed with the eyes.

Teaching tips

The thrower's hips should move in opposition to the pull of the hammer.

Accelerate into the release.

The leg extension should be timed.

Introduction to turning

Using a long handled broom or cone or similar the participant should shift the weight from one leg to the other – countering and anticipating the “pull” of the implement.

The student should turn on the spot by moving the feet anti-clockwise, keeping the eyes on the end of the implement.

Replace the implement with the hammer.

Teaching tips

Encourage students to do this slowly, controlled and with balance.

The hammer should do the work – tell students not to ‘fight’ the hammer.

Heel-toe turns

The thrower should turn through 180° balanced on the heel of the left foot, pivoting on the ball of the right foot.

The thrower should continue the turn through another 180° balanced on the ball of the left foot while lifting the right foot.

The right foot should be placed down quickly and smoothly to complete a 360° turn.

The right side of the body should actively turn and the left side should be fixed.

The hips move ahead of shoulder during right foot placement.

The arms should be extended throughout – arms and shoulder axis form a triangle.

The turns should increase in speed.

Teaching tips

Focus eyes on the hammer.

Encourage students to stay in a sitting position to counter the pull of the hammer.

Students should turn around, rather than trying to move ahead of the hammer.

They should try to do this slowly, controlled and with balance.

Successive turns can be added seeking balance throughout.

Delivery

The legs should quickly straighten when the hammer reaches the low point of orbit.

The thrower should push off actively on the right leg, bringing the right hip to the front.

The left side should be braced.

Straight arms move quickly up and to the left, in a whiplash movement.

The thrower should release the hammer when the shoulders point in the direction of the throw.

The arms should be fully extended when the hammer is released.

The thrower should follow the hammer flight with their eyes.

Teaching tips

Encourage students to watch each other from the side to observe technical points.

Tell students to use legs explosively to pull upwards before the hammer is released.