Hammer Throw Techniques
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1) Overview on the state of Hammer throwing in the United States

2) The Start: “Creating a rhythm”

3) 3 or 4 turns?

4) Purpose of the Heel Turn/ Toe Turn
   A. Creating Counter- who wins at tug of war?
   B. What is a “hard heel?”
   C. Where does my turning foot lift?

5) Earning multiple degrees
   A. The catch or RFT (right foot touchdown)
   B. Left knee back to me
   C. Basic Bio-Mechanics- angle and “ball” speed = distance

6) The finish
   A. “A long ball is a fast ball!
   B. Togher- like another turn

7) Drills
   A. R-hand L-hand
   B. Baby Bear, Mama Bear, Papa Bear
   C. Walk arounds
   D. Sedyk Drill 1w/1t 2w/2t and variants

8) Does the “Weight” have a place? Drills?

9) Lifting for Hammer and volume of throwing

10) Questions and answers