

# 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