TEACHING THE HAMMER FROM SCRATCH

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December 2012
Concepts that Need to be Emphasized from the Beginning

1. KEEP THE BALL MOVING

2. MOVE WITH THE BALL, NOT AWAY FROM IT
Concepts that Need to be Emphasized from the Beginning

1. **Keep the ball moving** ➔ Biomechanical studies illustrate that the athlete can only move the ball while both feet are on the ground. A beginner must be taught to keep both feet on the ground as much as possible throughout the throw. Therefore, an efficient right foot step over the left leg needs to be taught immediately.

2. **Move with the ball, not away from it** ➔ The more an athlete pulls away from the hammer, the less efficiently he or she can turn the feet. Less efficient turns = less efficient ball acceleration.
Week 1

- Spend 1-2 weeks emphasizing only the footwork

- A stable base is needed first before moving on to hammer movement

- Isometric Hold Drills with quadrant on ground
  - Position 1 – heel-toe
  - Position 2 – bent left leg
  - Position 3 – active step to “catch” the implement
Week 2

- Maintain focus on the feet

- But now add some implement movement

- 180 to 180 Drill:
  - Must hold over L leg as implement is “caught” at 180 degrees
  - Step through to achieve the “X”

- Concept 2: Stay over that left leg all the way through the orbit
Week 3

- Add concept of ball movement
- At what point in the orbit does it accelerate?
Week 3

- Move the implement around your body.

- Plate Push Drill:
  - Keep the base stable
  - Accelerate the implement from high to low
  - Move the shoulders and hands with the implement.
Week 3

- Accelerate the implement around your body
- Keep the trunk stable as the hands and shoulders accelerate and follow the hammer
- Push-and-Chase Drill: push plate then chase and land foot in 4\textsuperscript{th} quadrant
Week 3

• Put a hammer in their hands to get them comfortable with the ball.

• Concept 1 – Keep the ball moving

• Concept 2 – Move with the ball, not against it
Week 4

- Must turn in a straight line

- Staying over the left leg (moving with the ball), while keeping the trunk and feet stable (countering against it) is priority
Week 4

- Let's start throwing!!

- I suggest starting with light hammers or short hammers

- Start with wind-and-release then progress to 3 turns

- Very little amount of time spent with 2-turns
How can you introduce the weight and still maintain concepts of the hammer with beginner throwers?

- Start with a heavy weight on a short wire
- Continue some drilling with a hammer even if throwing the weight
ISSUES TO CONSIDER WITH THE WEIGHT THROW

1. Points needed at conference?

2. Long term potential in the hammer?

3. Transfer hammer technique to weight technique?
INDOOR SEASON

- Keep with a light weight if possible until technique becomes more solid.
- Continue with drills and throwing with hammer as much as possible.
- Always keep long term vision in mind (outdoor season)
LONG TERM HAMMER TRAINING = KEEP IT SIMPLE
• As you progress through your training, always keep your key concepts at the forefront of practice:

• **Keep the ball moving.** Acceleration occurs from high point through the low point

• **Move with the ball, not away from it.** Don’t be afraid to let the ball go (left) so that the thrower can get the feet back on the ground ASAP

• **Counter against it.** This is different than moving away from it
Questions?

Thank you!