Hammer Throw Progressions for Beginners
1. Get to full throw as quick as possible
2. Get through the progression as quick as possible (you can always go back)
1. Foot Work
   1. Left foot heel, Right foot toe
2. Orbit
   1. Introduce high and low point, discuss ball movement
3. Positions
Stick Drill Progression

• 0° to 90°
  • Stop feel and check positions
    • Head on ball
    • Legs bent
    • Feet right toe, left heel, foot dorsiflexed
    • Shoulders level
    • Arms and stick parallel to ground
Stick Drill

Start 0°

1st Position 90°
Stick Drill

Start $0^\circ$

1st Position $90^\circ$
• 90⁰ to 180⁰
  • Stop feel and check positions
    • Catch position
    • Head and Ball at 180⁰
    • Shoulders level
    • Feet facing 270⁰
180° Catch Position

Stick Drill
Catch Position 180°

Final, Back to 0°
Stick Drill
Stick Drill 0° to 180°
• Legs slightly flexed
• Shoulders
  • Turned slightly to the right
    Left shoulder should be lower than right
• Hands move the ball from the right side of the body out to the centerline of the body and up and around the head. Hands never pass the centerline.

• Hands reach back and move the ball from the highpoint back to the lowpoint
Winds
Wind Release Drill

- Works Finish
- Left side Axis
Wind Release
Wind Release
Wind Release
Putting it together

• 1 turn throw
• 2 turn throw
• 3 turn throw
1 Turn Throw
1 Turn Throw
2 Turn
2 Turn
3 Turn
3 turn
Wind turn Drills

- 1 wind 1 turn (1’s)
- 1 wind 2 turn (2’s)
- 1 wind 3 turn (3’s)
Wind 1 turn drill
Wind 2 turn Drill
Wind 3 turn Drill
• Walk in’s ball on ground
Multi Turns

• Walk ins
• Turns off of wind
• **Stick Drill**
  
  • **Winds**
    
    • **Wind Release**
      
      • 1 turn
      
      • 2 turn
      
      • 3 turn
Progression

- Wind Release
  - Wind turn drill (singles)
    - 2’s
    - 3’s
      - Throw
        - Multi turn drills
Implement Selection

• Men
  • 4k or 5k
• Women
  • 3k or 4k
• Start light, progress up when ready