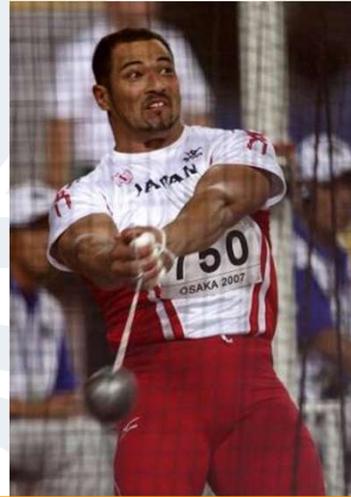


### Training for Hammer Throw



### Fundamentals of a training program

Hammer Throwers must be

- Athletic
- Good at learning skills
- Powerful (strong and fast)
- Flexible
- Competitive

So, training sessions for developing athletes will include

- Static and dynamic mobility work
- Drills which enhance hammer skills
- Hammer throwing
- Strength development (general jumping, general throwing and weights)
- A warm down

Training sessions for mature athletes will be more frequent and specialized, with separate sessions probably devoted to drills, hammer throwing, general throwing, general strength, specific strength, power development, preceded by the appropriate warm up and mobility work.

### Equipment for Hammer Throw

For safety you must throw from a concrete circle in an approved safety cage.

A fingerless leather glove must be worn on the left hand (right handed thrower)

Specialist throwing shoes give good grip in all weathers and are essential for safe throwing.

Warm, loose fitting clothing (especially around the shoulders and hips) is essential during the cold months.

A brush to sweep out wet or slippery circles.



# Hammer Throw

## Hammer Throw Basics

Hammer throwing is a test of speed, strength, technique and mental toughness. The best throwers are fast and have a great sense of balance and rhythm. Hammer throwers are all-round athletes whose training consists of throwing, sprinting, jumping, lifting weights and working with medicine balls. They have the ability to turn at great speeds while counterbalancing the pull of the hammer. They need great strength to produce an explosive final delivery. It can take many years to combine all of these factors into a single perfect throw, but a perfect hammer throw is one of the most satisfying feelings in sport! Although most high-level athletes start in their early teens and reach their peak in their twenties, many others start the hammer throwing competitively and refining their technique well into their forties and beyond.



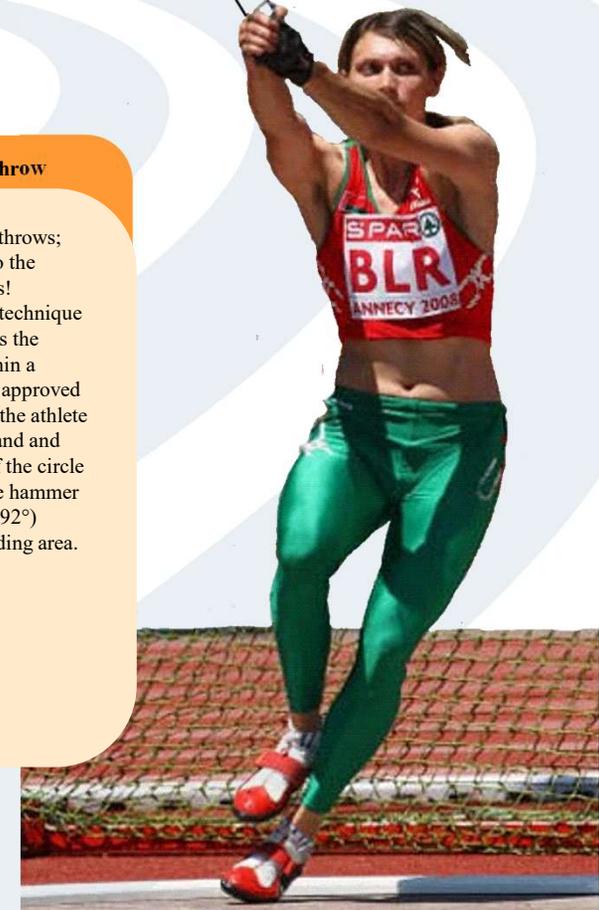
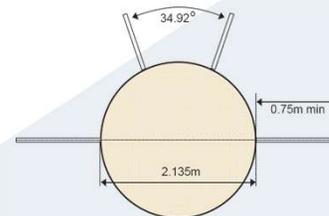
## Basic Rules of Hammer Throw

Each athlete is given three to six throws; the longest throw (measured to the nearest centimeter below) wins!

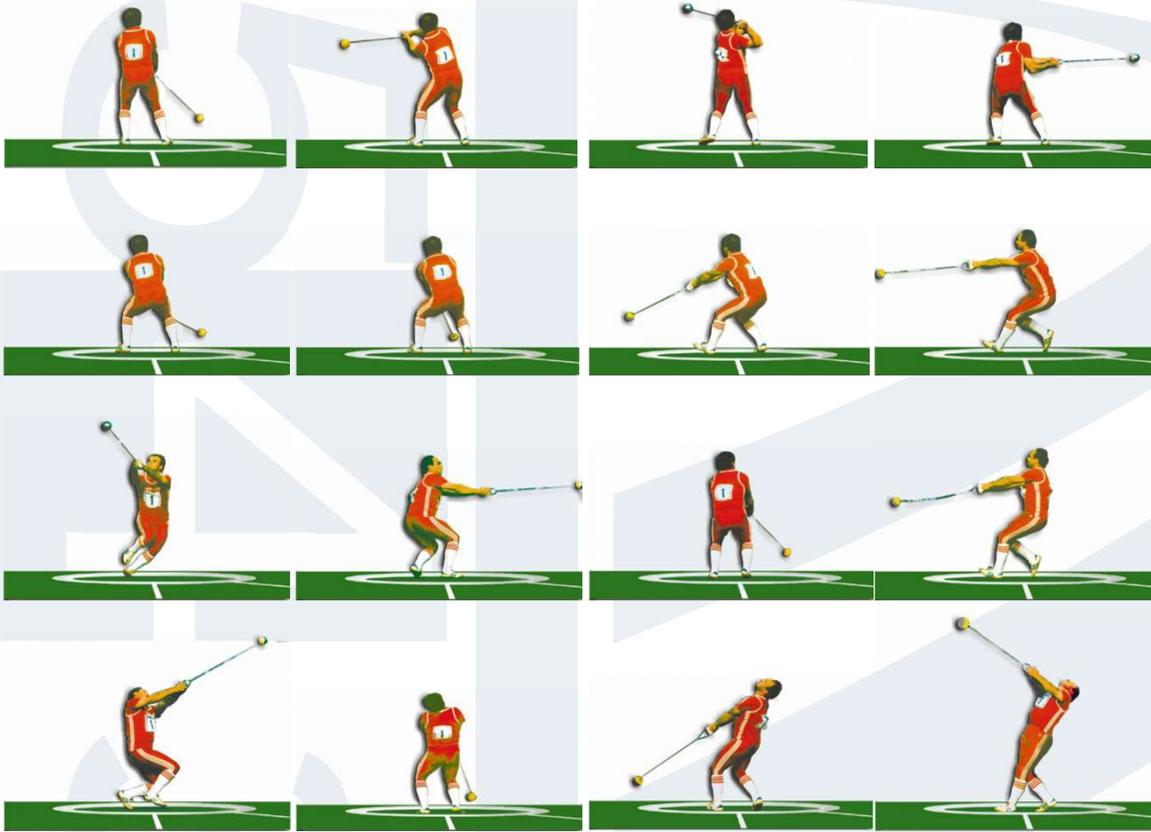
The thrower can use any style or technique to throw the hammer as long as the throw is made completely within a 2.135m radius circle inside an approved safety cage. After each throw, the athlete must wait for the hammer to land and only then leave the rear half of the circle under control (in balance). The hammer head must land within the (34.92°) sector lines marked on the landing area.

Implement weight:

	Boys	Girls
Bantam	3Kg	3Kg
Midget	4Kg	3Kg
Youth	5Kg	4Kg
Junior	6Kg	4Kg
Senior	7.26Kg	4Kg



## The Hammer Throw Technique



**Swings:** In each swing the radius of the hammer is as long as possible, with minimal lateral body movement.

**Entry:** Just after the hammer passes through the low-point, which is opposite the right foot, the athlete turns both feet in the direction of the throw.

**Turns:** The athlete makes three or four balanced turns, accelerating the hammer rhythmically on each turn. The arms are long and relaxed to maximize the radius.

**Delivery:** The athlete lands in a balanced position from the last turn. They then drive their right side into the blocked left side and pull upwards on the hammer with their legs and back. The hammer is released from a fully extended position with both arms overhead and the athlete facing 90°.

## Hammer Throw Technique Key Points

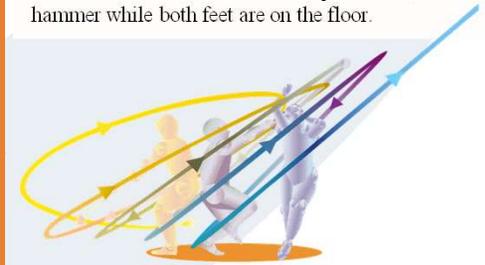
A good hammer technique has rhythm, balance and speed. The longest throws happen when the release speed of the hammer is as high as possible. The thrower takes two swings followed by three or four turns, each turn faster than the one before. After the last turn the thrower lands in a strong and balanced position and executes a powerful delivery.

A four-turn thrower normally does the first turn as a toe-turn; all the remaining turns are heel-toe turns. Three-turn throwers do all of their turns heel-toe.

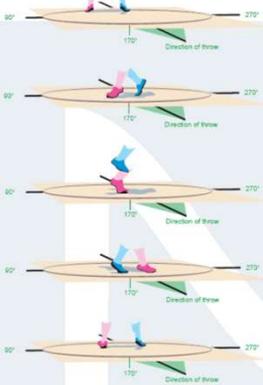
Through all of the swings and turns the hammer head describes a series of wide, tilted arcs. The low-point of the first two swings is just off the right foot of a right-handed thrower, through each turn the low-point moves slightly to the left until it is just right of centre on the last turn. The high point is always diagonally opposite the low-point – above and behind the left shoulder.

The thrower keeps the arms as long and relaxed as possible throughout the turns to gain maximum radius, as this generates the highest hammer speeds.

The thrower tries to maximize double-support (when both feet are on the floor) and minimize single-support (when only one foot is on the floor). This is because the athlete can only accelerate the hammer while both feet are on the floor.



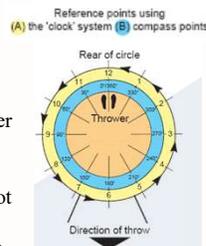
### Toe, toe entry 1<sup>st</sup> turn (4 - turns thrower)



**First turn (toe-turn):** Toe-turn throwers start by turning on the balls of both feet. The right foot lifts off the floor as the hammer passes 90°, the athlete rotates on the ball of the left foot. The rotation continues until the right foot is put down at 270°, with the left foot also pointing towards 270°.

**Heel-toe turners:** Heel-toe throwers start turning on the heel of the left foot and ball of the right foot. The right foot lifts off the floor as the hammer passes 90°, the athlete rotates on the outside of the left foot and then shifts onto the ball of the left foot when the foot points to about 170°. The rotation continues until the right foot is put down at 270°, with the left foot also pointing towards 270°.

### Footwork



**Remaining turns:** All remaining turns start on the balls of the feet to about 0° when the left foot shifts on to the heel. Both feet continue turning until the right foot lifts off the floor when the hammer passes 90°. The athlete rotates on the outside of the left foot and then shifts onto the ball of the left foot when the foot points to about 170°. The rotation continues until the right foot is put down at 270°, with the left foot also pointing towards 270°.

**Delivery:** The athlete lands in a balanced position from the last turn with both feet facing 270°. The feet both turn to 0°, with the heel of the left foot grounding as early as possible to form the final block.

### Heel and toe entry (3 - turns thrower)

