

25. Hammer – including soft hammer

The Hammer is a unique throwing event where the athlete must move in harmony with the implement rather than simply just applying force to the implement. Athletes should look to practice the hammer technique while **maintain good posture and balance**. Athletes should also work on keeping the **arms long and relaxed and the angle**, height and speed of release when throwing a hammer. All challenges in this section are based on a Right Handed Thrower; please reverse challenges for Left Handed Throwers




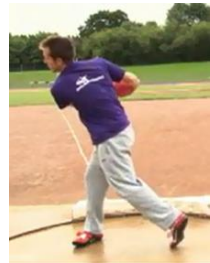
Stage 4 Purple Challenges

25a) Demonstrate a **dynamic heave throw with straight back**.

25b) Demonstrate a dynamic heave throw with **rotation through waist** to increase force.

25c) Demonstrates a dynamic heave throw with **arms extended** throughout the throw

25d) Demonstrate a dynamic heave throw **moving the ball from low to high (releasing high)**.

<p>1. <u>BACK TO DIRECTION</u>. <u>Right foot pivots</u> dynamic heave throw with straight back. 3 point heave! Look for direction</p> 	<p>2. <u>rotation</u> through <u>waist</u> to increase force</p> 	<p>3. with <u>arms extended</u> straight throughout the throw</p> 	<p>4. Bend knee & straighten - moving the ball from low to high (<u>releasing high</u>).</p> 
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Stage 5 Blue Challenges

25a) Demonstrate a dynamic heave **throw with an increased weight** (1 - 3kg D ball /medicine ball)

25b) Demonstrate a dynamic heave throw now using **adapted equipment** (quoit on a rope, small ball in long sock, large ball in a bin liner or rubber hammer)

25c) Demonstrate **correct grip of hammer**. Handle held in the left hand (placed on the middle section of the fingers) and right hand covering the left hand

25d) Uses a strong but relaxed grip, with **hands making a U shape and with thumbs held crossed or parallel**. (Athletes preference).

<p>1. <u>throw with an increased weight</u> (1 - 3kg D ball /medicine ball)</p> 	<p>2. <u>adapted equipment</u> HAND IN HAND – RIGHT – THEN LEFT & THUMBS CROSSED!!</p> 		<p>3 <u>TECHNIQUES</u></p> <ul style="list-style-type: none"> • THEN <u>ROTATION THROUGH WAISTE</u> • <u>ARMS EXTENDED STRAIGHT</u> • <u>BEND KNEE & STRAIGHTEN & RELEASE HIGH</u>
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