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## Learning Hammer and Weight Throw

### A. Positions

1. Winding the implement
  - Box box (window)
  - Posture and working the right side
  
2. Left Heel
  - Early and Aggressive
  - V position
  
3. Release
  - Hold left foot in place no toe lift
  - Intense right hip drive
  - Arms up and through (field goal)
  
4. Right Side pushing
  - Sweep the arms out, no shouldering
  - Hips up not back
  - Push the ball to 180, Pulse
  
5. Tight Right Leg
  - Keep the knees close together, no air between
  - Full step into the 270 position
  - Beach ball drill
  - Finish turn drill
  - Posture remains Tall
  
6. Left Heel and Countering the ball
  - V position
  - Long arms, held from back not the shoulders

### B. Angles and Degrees

1. Clock numbers
  
2. Orbital path and degrees caught back on.
  
3. 3 turn or 4 turn?