

1  **Basic Weight throw**2  **Storytime**

In 1994

3  **Skill Mastery**

- Attention focus is an approach that involves practicing the entire technique but concentrating on only one aspect of the technique.

4  **Fascia –total body movement**5  **Terms**

- Entry
 - Wind (1,2,3...)
 - Sling
- Turns
 - Double support
 - Single support
- Release

6  **Different competitive throws**

- Different entry
- Different number of turns

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7  **Grip**8  **Entry Option - Sling**1 **PROS**

- 2 • Simple movement
 - Entry speed minimal
 - Very stabile

3 **CONS**

- 4 • Though simple timing is crucial
 - Minimal ability to increase speed
 - Feels non-aggressive
 - Not possible with a longer wired implement...so less carryover to the hammer

9  **Sling Video**10  **Entry Option - Wind**1 **PROS**

- 2 • Rhythm
 - Relaxed

3 **CONS**

- 4 • Difficult skill
 - Very easy to go too fast

11  **Wind Video**

12 **Entry similarities**13 **Frame by Frame**14 **Frame: The Key Position!**15 **90° Checklist – The timing belt of the throw**

1. Ball @ shoulder height
2. Hands perpendicular to the ground
3. Left foot, knee, arm ,and the ball all in one plane aligned with 90°
4. The right side is parallel to the left
5. Good balance between left and right feet
6. Constant Radius

16 **Troubleshooting**

- Top offenders
- An attempt to accelerate the ball past 90
- Opening the left side
- Not keeping the right side parallel
- Ball to high/low
- Twisted hands
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17 **More Hip:Shoulder @90°**18 **Frame by Frame**19 **Frame by Frame**20 **Frame by Frame**21 **Frame by Frame**22 **Frame by Frame**23 **Slow motion video**24 **Various Weight Throw Videos**25 **Similarity to Weightlifting**26

A high release speed is more important to performance than throwing at the optimum release angle.

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