





# HAMMER THROWING MADE EASY

SCOTTISH ATHLETICS  
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## INTRO: MORE INFORMATION



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HAMMER THROW TECHNIQUE

## HOW TO THROW FAR

Speed of implement

+ angle of release

+ height of release

+ environmental factors

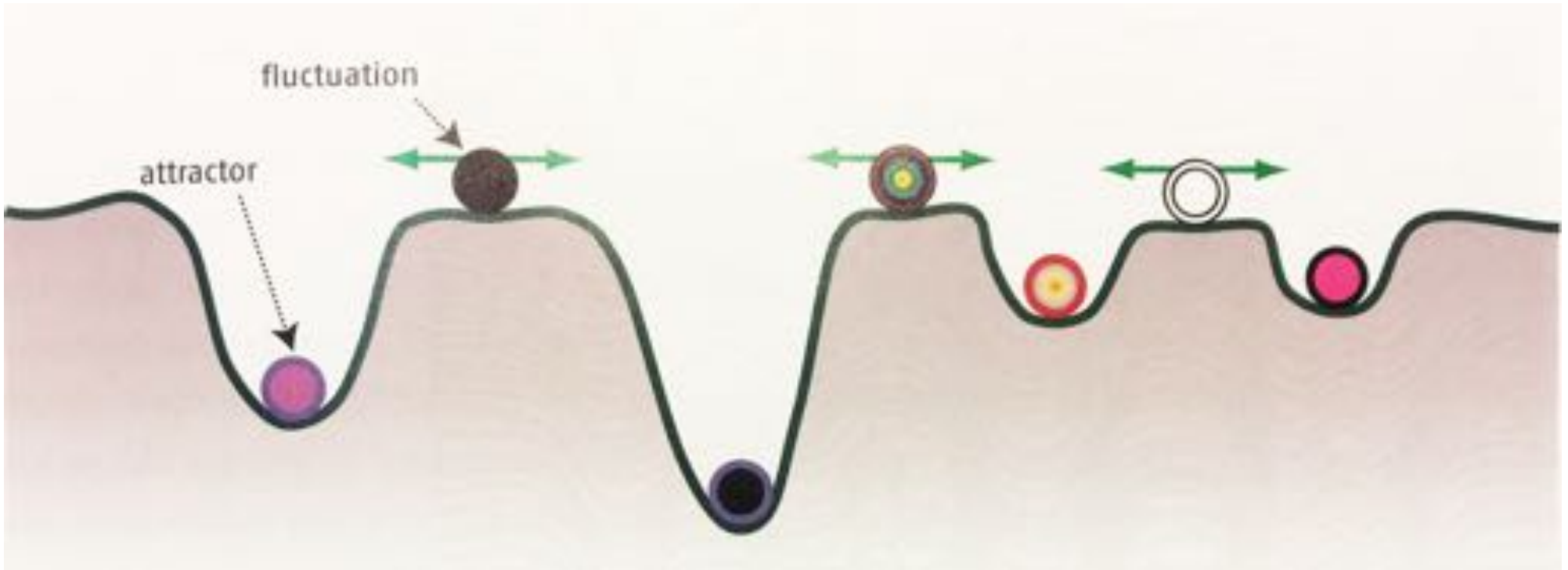
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= Distance thrown

**HAMMER**  
*media*

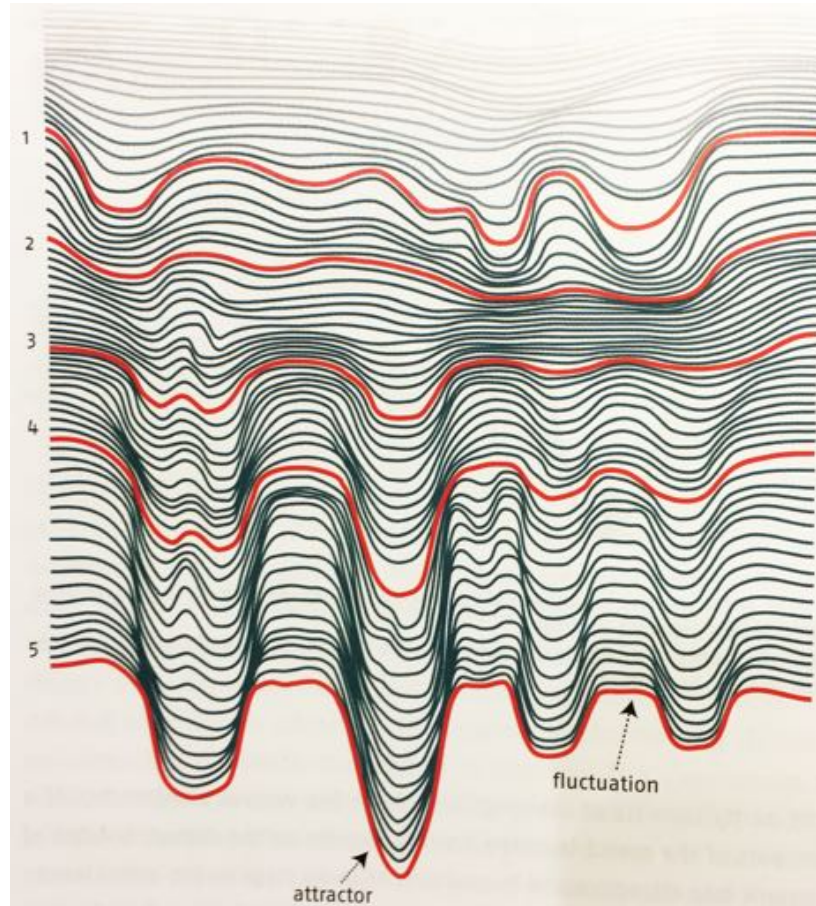
HAMMER THROW TECHNIQUE

# ATTRACTORS AND FLUCTUATIONS



HAMMER THROW TECHNIQUE

# ATTRACTORS AND FLUCTUATIONS



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HAMMER THROW TECHNIQUE

# FLUCTUATIONS FOR HAMMER THROW

- Starting style
- Number/rhythm of winds
- Low point on entry
- Angle of hammer
- Number of turns
- Head position
- Amount of lower/upper body separation
- etc.

**HAMMER**  
*media*

HAMMER THROW TECHNIQUE

# FLUCTUATIONS FOR HAMMER THROW



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HAMMER THROW TECHNIQUE

# ATTRACTORS FOR HAMMER THROW

- Balance/axis of rotation
- Big Circles
- Rhythm

**HAMMER**  
*media*

HAMMER THROW TECHNIQUE

# ATTRACTORS FOR HAMMER THROW



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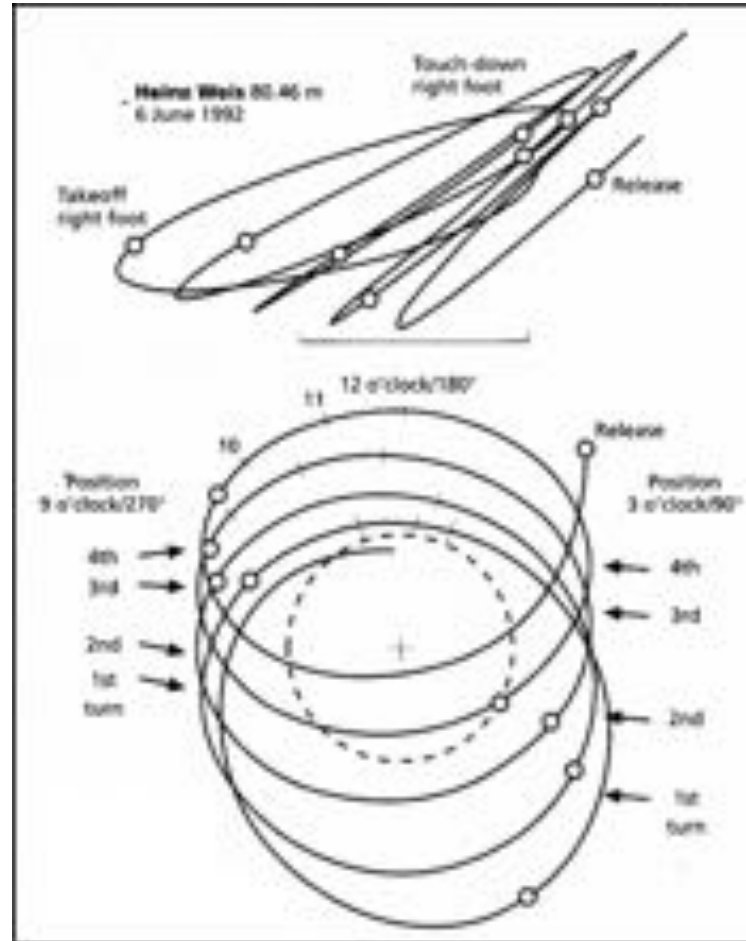
HAMMER THROW TECHNIQUE

# ATTRACTORS FOR HAMMER THROW



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# ATTRACTORS FOR HAMMER THROW



HAMMER THROW TECHNIQUE

# TRAINING ATTRACTORS

Training can be manipulated to strengthen attractors in 3 ways:

1. Task variability
  - Different Stances
  - Different Winds
2. Environmental Variability
  - Various implements
  - Different surfaces
3. Organism Variability
  - Fatigued state

In order to improve we have to be continuously challenged. **If you aren't failing, you aren't challenging.**



HAMMER THROW TECHNIQUE

## COACHING ATTRACTORS

How coach can impact how your athletes learn:

- Challenge the athlete
- Internal vs. external cues
- The silent coach
- Immediate feedback
- Result/task oriented
- Work **with** the athlete

