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The Basics

- Thrower has glove on Left or Right hand.
- Implement is a weighted ball attached to a handle by a wire.
- Athlete takes 1-4 turns in a ring the same size as a shot put ring and releases.

Equipment

- **You don't need an actual hammer to have productive hammer training!**
 - Chain Hammer
 - Med Balls w/Handle and Rope
 - Indoor Weight/Bag/Short Wire
- Turns are extremely productive without releases.
- No hammer glove needed! Cut off Gardening Gloves work fine for beginners.

Competitive Landscape

- Typically not contested at the HS Level.
 - Rhode Island is the only state that sanctions the event.
 - State Hammer Meet contested in WA for 14 consecutive years
 - Event held at HS National Championships and USATF JO's
- Contested at the Collegiate Level
- Contested at the International/Elite Level

Not Your Ordinary Throwing Event

- Thrown by athletes of all shapes and sizes
- Unique event where an athlete can be extremely competitive with great technique
- Natural athleticism less of an advantage/disadvantage
- Coach/Exposure to the event offers tremendous advantages

Athletic/Dexterity Training

- Plyometric Training
 - Stairs
 - Box Jumps
- Twists
 - Med Ball
 - Plates
- Running
 - Strides (100m or more)
 - Short Sprints (50m or less)
 - Basketball, Cross Training
- Hurdles
 - Jumps and Hops
 - Movement and Flexibility

Lifting

- Lower Body
 - Squats
 - Lunges
- Olympic Lifts
 - Snatches
 - Cleans
- Combination Lifts/Supersets
 - Snatch Grip Squats
 - Clean Squats
- Upper Body
 - Incline and Flat Bench
 - Minimal Emphasis; use to balance athlete
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Core Stability/Flexibility

- Isometric Abdominal Exercises
 - Balance Back **and** Abdominal Strength
 - Provide Support for the Axis
- Plyometric Abdominal Exercises
 - Med Ball Throws
 - PUD Work for Hammer Specific Strength

Throwing

- Work Position Drills
 - 1, 2, 3
- Turns, Turns, Turns
 - One Handed
 - Two Handed
 - Variable Grip
 - Regular Grip
- Starts/Entries
- Full Throws
 - No use going to full throws until athlete can successfully execute adequate drill work.

Safety

- The same attention to Safety MUST be paid to the hammer as the other 3 throwing events
- Athletes/Officials must NEVER walk with backs to the ring.
- Athletes, Officials, Spectators always stand behind net.
- Never stand on the power side, always behind the back part.
- Do not throw the hammer in a discus only cage, or a cage with a cyclone fence.

Liability

- All HS and Club Coaches & Athletes must purchase USATF Insurance before practicing or competing.
- This is available for a minimal cost.
- No athlete or coach should participate in a practice before attaining this protection.

Opportunities and Benefits

- Numerous meets contest the Hammer in the State of WA
 - See PNTF or HSHammer.com for details
- Chance for athletes to compete in National Championships

- Opportunities for athletes to make International Junior Teams
- Gain Entrance into College
- Most Importantly: Find a Passion and a chance at Success!

The Case For the Hammer in HS

- 2007 NCAA Championships
 - 6 of the 8 All-Americans were products of HS Hammer Throwing
 - 4 were from Washington State
- **Unique Event**
 - Hammer gives opportunities to kids regardless of competitive background
 - Regardless of Natural Ability
 - Incredible Premium placed on technique and work ethic

Questions?

- For Insurance visit USATF.org
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