Content outline
This activity is an introduction to Hammer Throw. It aims to provide the young person with activities to develop the basic techniques associated with the field event.

- Basic Hammer technique
- Grip
- Stance
- Follow-through

Space
- If space is available, the distance the item is being thrown can be increased.
- If these activities are taking place indoors, do not complete the second task due to safety

Equipment
- Suitable space for throwing a ball is required
- Cones, or any objects which can act as markers / throwing circle
- What household items can you use to act as hammer? (Eg. Football sock and a Tennis ball)

Task
- To make the task easier – move the target closer
- You can also increase the size of the target (e.g. Use a large bin)
- The distance being thrown can be adapted to make the task easier / more difficult
- Try switching your throwing arm to make the task more difficult
- You can also try throwing balls of different weights

People
- If other people are available, the activity can be performed within a competition
- If someone younger is working with you, what tips can you provide them to help them improve at this task?

Learning intention
Physical:
- To develop the basic technique for the hammer throw

Personal:
- Confidence
- Personal challenge

Learning questions:
- Identify 3 main technical points of the Hammer throw
- What advice would you give someone else performing this activity?
- What does the phrase ‘Long Levers’ mean? And why is this good for the Hammer throw?
- What is the official weight of a Hammer for your age group if you are competing?
- What are the current world records for Hammer events?