

National Throws Coaches Association

Drill of the Month

Left Arm Drill



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Hammer Drill: Left Arm Drill

**Submitted by : Larry Judge Ph. D.
Ball State University**

The key to success in the hammer is staying in line with the "Hammer System" throughout the duration of the throw: the feet, knees, hips, torso, arms, and head all must move together in sync. In order to maintain the system, the right leg starts turning, and the thrower turns on the left toe and the right heel simultaneously. The body weight is over the right foot, and the left leg is working against the centrifugal force of the hammer. The lower back is straight, the shoulders are relaxed and arms are extended. The head should be up, eyes focused on the horizon and the shoulders should be level with the eyes facing just above the ball.

[Click here for the complete description](#)