

Weight Throw Links

Basic info about the event

-<http://www.everythingtrackandfield.com/webapp/wcs/stores/servlet/PBOnePieceView?storeId=10152&catalogId=10753&pagename=246>

Good article that makes sense on how to think of the throw.

<http://ezinearticles.com/?How-to-Turn-in-the-Weight-Throw&id=4537537>

Short article on four key elements to hammer throw (but can be applied to weight)

<http://www.everythingtrackandfield.com/webapp/wcs/stores/servlet/PBOnePieceView?storeId=10152&catalogId=10753&pagename=230>

This is a college kid doing a couple of footwork drills with hammer, but worth watching –

<http://www.youtube.com/watch?v=9yumh9mt3Lo>

Another footwork video – girl with hammer-like implement goes for about 15 spins.

<http://www.youtube.com/watch?v=pC-6oqrhH40>

2 turn “drill” video for weight

<http://www.youtube.com/watch?v=DcFVEo0z53Y&feature=related>

videos of a throws

<http://www.youtube.com/watch?v=qXPw6FRNdTw&feature=related>

http://www.youtube.com/watch?v=hV12W-j_89o&feature=related

okay, this girl is weird, but she has a lot of throws in a row

<http://www.youtube.com/watch?v=ZX6If8rcpC0&feature=related>

Some guy did a series of basic weight/hammer throwing video blogs. Watchable for a beginner.

Rande's 1st video - <http://www.youtube.com/watch?v=OxHxoVaf-TM>

Rande's 2nd video - http://www.youtube.com/watch?v=sU5vfxi_XqI&feature=related

Rande's 3rd video - <http://www.youtube.com/watch?v=IQyUopqHJXc&feature=related>

(there are more but they get even more advanced)