

# PLAYSPORT PRIMARY HAMMER

## Primary Hammer

The PlaySport Primary Hammer is made of soft vinyl and comes complete with a rope and handle. It is the perfect introduction to the Field event of Hammer throwing and is safe to use both indoors and outdoors.

Hammer throwing is a combination of technique and accuracy and using the PlaySport Hammer enables basic skills to be taught and encourages young children to sample the real event without the constraints that the use of inappropriate equipment might involve.

We recommend that initially all throws should be from a standing position with the thrower's back to the direction in which the hammer will be thrown. The feet are kept still and just the upper body and arms turn to propel the hammer. As with conventional hammer throwing, a two handed grip is used to hold the hammer.

Enjoyment of the PlaySport Hammer can be enhanced by having a throwing area marked out either using marker cones or a calibrated mat.

As recommended by the ESSA (English Schools' Athletic Association) each child should be set a series of attainable targets based on improving personal achievements and, initially at least, the child's success should be based upon personal striving and progress rather than on comparison with others. Our calibrated measuring mat (available separately) is ideal for this purpose.

Once the child has mastered the basics, he or she may begin to practice rotational spins and move on to more formalised activity including competition.



## Other Products in this Range

*Primary Shot*

*Primary Discus*

*Primary Foam Javelin*

*Primary Bullnose Foam Javelin*

*PlaySport Throwing Kit*

*Throwing Accessories Pack*