

Hammer : ANTHONY NOBILO VS ANTHONY BARMES

NOBILO
training
throw



Nobile starting position is facing completely on the right

BARMES PB 63.94m

PRELIMINARY SWINGS



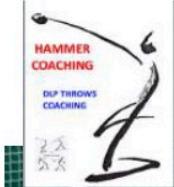
Barmes starting position is at 45* toward the right

Hammer : ANTHONY NOBILO VS ANTHONY BARMES



STEP IN





Hammer : ANTHONY NOBILO VS ANTHONY BARMES



Left shoulder "longer"

1st ENTRY



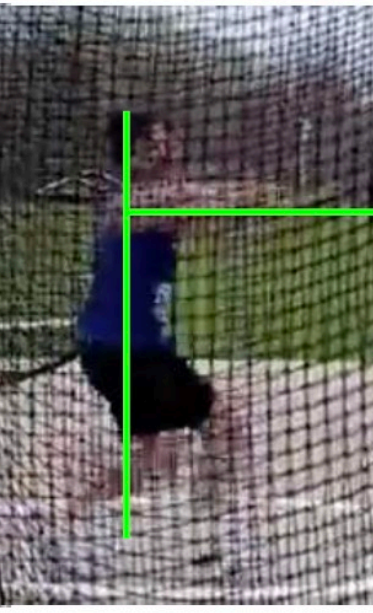
Small trunk forward flexion



Early right foot lifting



More upright posture



Good 90* posture at 90* left end of entry



Hammer : ANTHONY NOBILO VS ANTHONY BARMES



As a visitor to this web site you have had a free complimentary access to a part of this document. The full document is reserved only for members . To become a "life" member and have full unlimited access to all the documents in this blog , follow instructions on the welcome page....and enjoy !



Long shoulders



Trunk upright



Too much body weight on the right leg