

Fernanda TIRADO 14y 49.59m PB

02-03-2023 Wellington

COACH'S COMMENTS

Overall , this is very good hammer throwing technique for this age and after just over one year starting into the events. This throw was a 4m PB

The good points are :

- Good trunk posture all during the throw
- Good arms and shoulders extension and looseness all during the throw
- Facing the hammer all during the throw
- Great posture in the "mirror" check phases at 90* left and right
- Good control of the low points through the turns
- Great "catching" of the hammer in turns 1 and 2
- Active right foot reaction and OK foot work
- Progressive acceleration through the turns
- Solid left side delivery with "belly in the throw"

Fernanda's HAMMER PROGRESSION 3kg

2023-03-02	49.59m
2023-02-19	45.48m
2023-01-14	44.97m
2022-11-05	41.43m
2022-09-03	41.22m
2022-03-30	40.35m
2022-02-05	30.98m

The "could be better " points are :

- Tendency to "sit back" in the key postural phases
- Foot work not completely mastered at high speed
- Faster left heel landing
- Under catching the last right foot landing position
- 3rd catch should be the best and the highest and is not.
- Not enough legs/belly lift in the entries of the turns
- More and faster "hanging" to the hammer in the "catching" phase.
- More "pushing the hammer away" action



STARTING POSITION

**Pre swing
backward**

First swing

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High elbows catch

Low point

Second swing

Third swing





Fernanda TIRADO 14y 4

First e

Single supp

Single support phase

90* to the left

* to the right



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