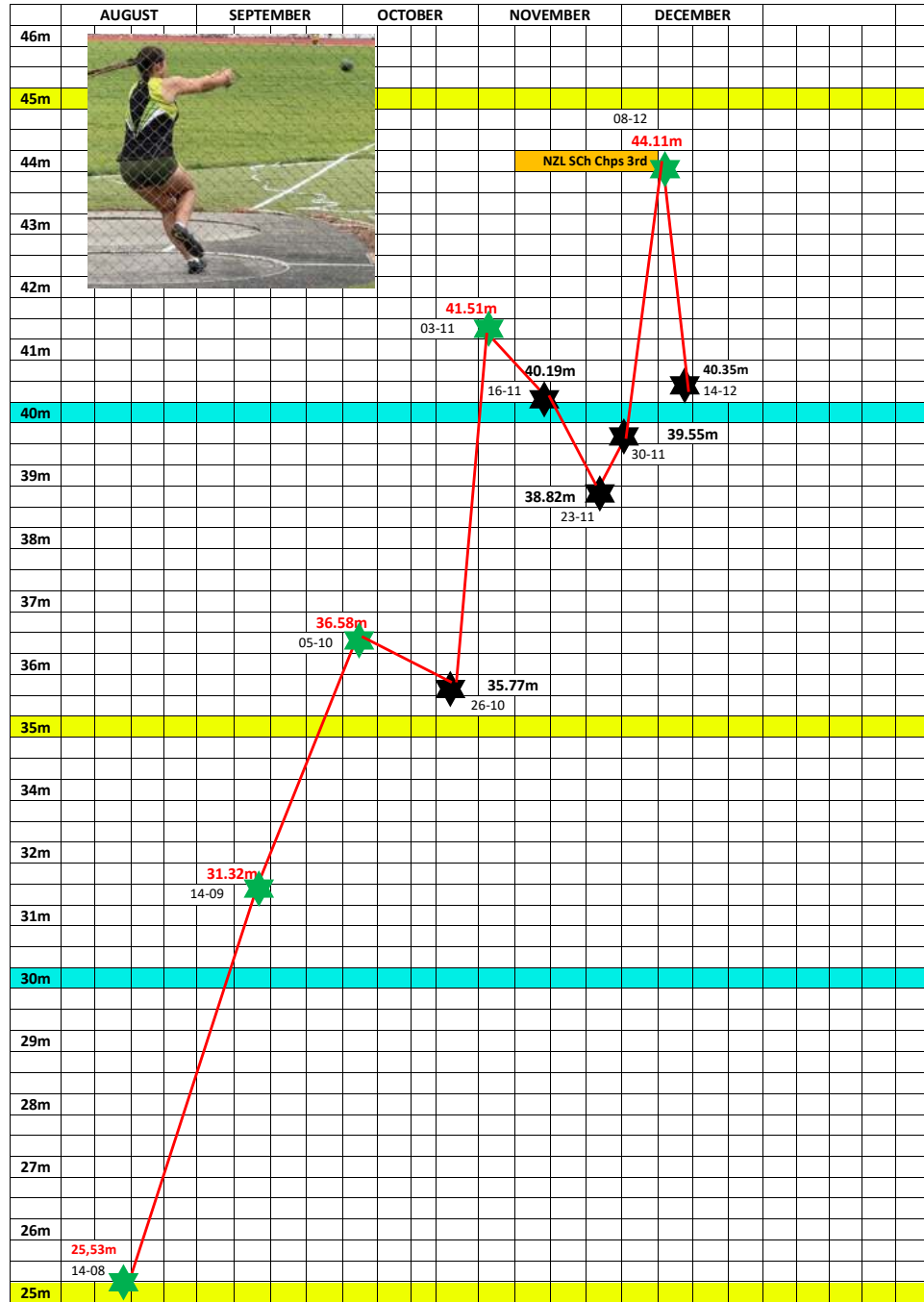


**Sacha FU OUGHTON** under 14 y Hammer 3kg **44.72m** 18-01-2025 Auckland



**NEW  
ZEALAND  
HAMMER  
THROW**



# Sacha FU OUGHTON under 14 y

Hammer 3kg **44.72m** 18-01-2025 Auckland



## A spectacular progression :

It is quite normal that early teenagers beginners progress fast , it is mostly due to them getting bigger and stronger because they grow fast in this period .But It is more rare to see such a fast performances progression in such a short time (5months) in a technical event which is obviously the result of remarkable technical achievements .

The hammer throw is probably the only throwing event where such a thing is possible if you have the proper approach to the event and the proper guidance.

In Sacha's case, she just had a first contact with the event in August 2025 and was at the time more thinking to become a discus thrower ...until she got a more serious exposure to the hammer and , one month later, broke the 30m line . Nothing really extraordinary at this stage...

But things became more serious when after another month later she went over the 35m line and started to think "well that could be something for me" ...and then she threw over 40m less that 3 months after her 1<sup>st</sup> competition ....and finished the 2024 year very close to 45m...with a NZL school championship bronze medal in the pocket !!! ...and now we are looking for a 50m throw at 14 years !!!





# Sacha FU OUGHTON under 14 y Hammer 3kg **44.72m** 18-01-2025 Auckland

## FIRST SWING

From a position at the back of the circle with feet stance open to the right, easy first swing with body weight moving from right to left, then right again at the opposite of the hammer head position. High elbows to clear the head and maintaining the hammer head path relatively flat.

### Starting position







# Sacha FU OUGHTON **under 14 y** Hammer 3kg **44.72m** 18-01-2025 Auckland

## SECOND SWING

Second swing wider and lower than the first with the hammer head dropping behind the thrower under shoulder's level before being "ejected" far toward the right for the beginning of the first entry . Progressive acceleration of the ball . Looking more for range than for speed. "Step in" of the right foot to get into a parallel feet stance posture before the entry.

### Step in

Right foot moves forward

Long arms and shoulders

High elbows

Low hammer head

Chest facing right

### 90\* right

looking at the hammer

Body weight on both legs

Feet parallel stance

arms extension to 90\* right



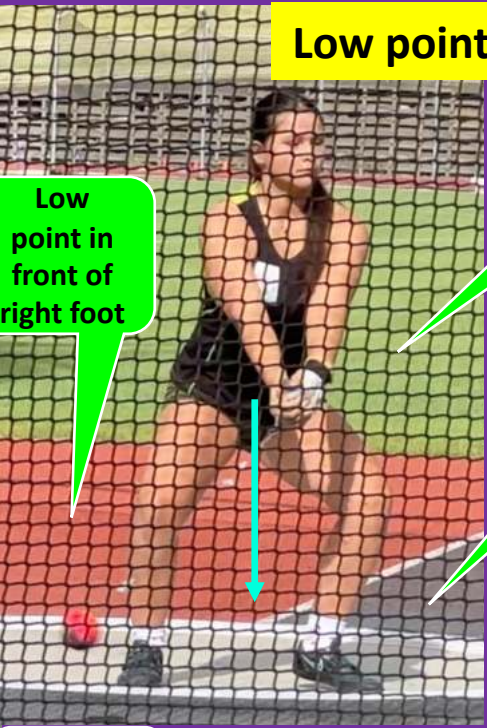


# Sacha FU OUGHTON 44.72m

under 14 y Hammer 3kg 18-01-2025 Auckland

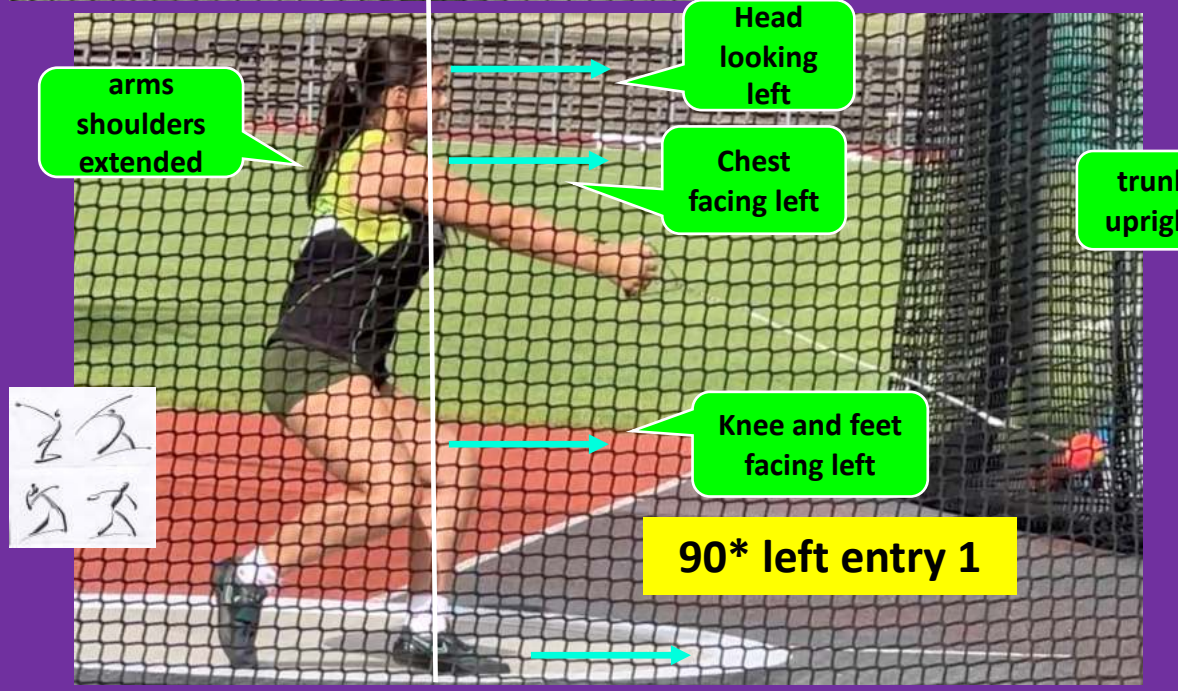
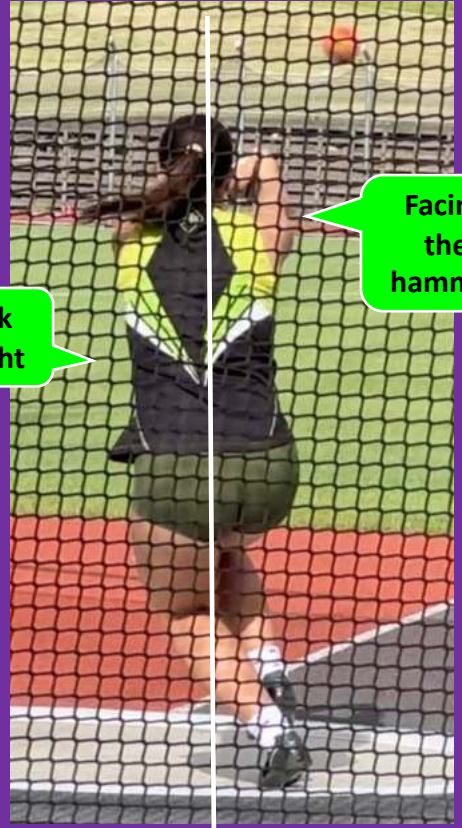
## FIRST TURN

She ticks all the boxes in this phase :  
Exceptional for a beginner !!!



## One O'Clock

## First catch







# Sacha FU OUGHTON

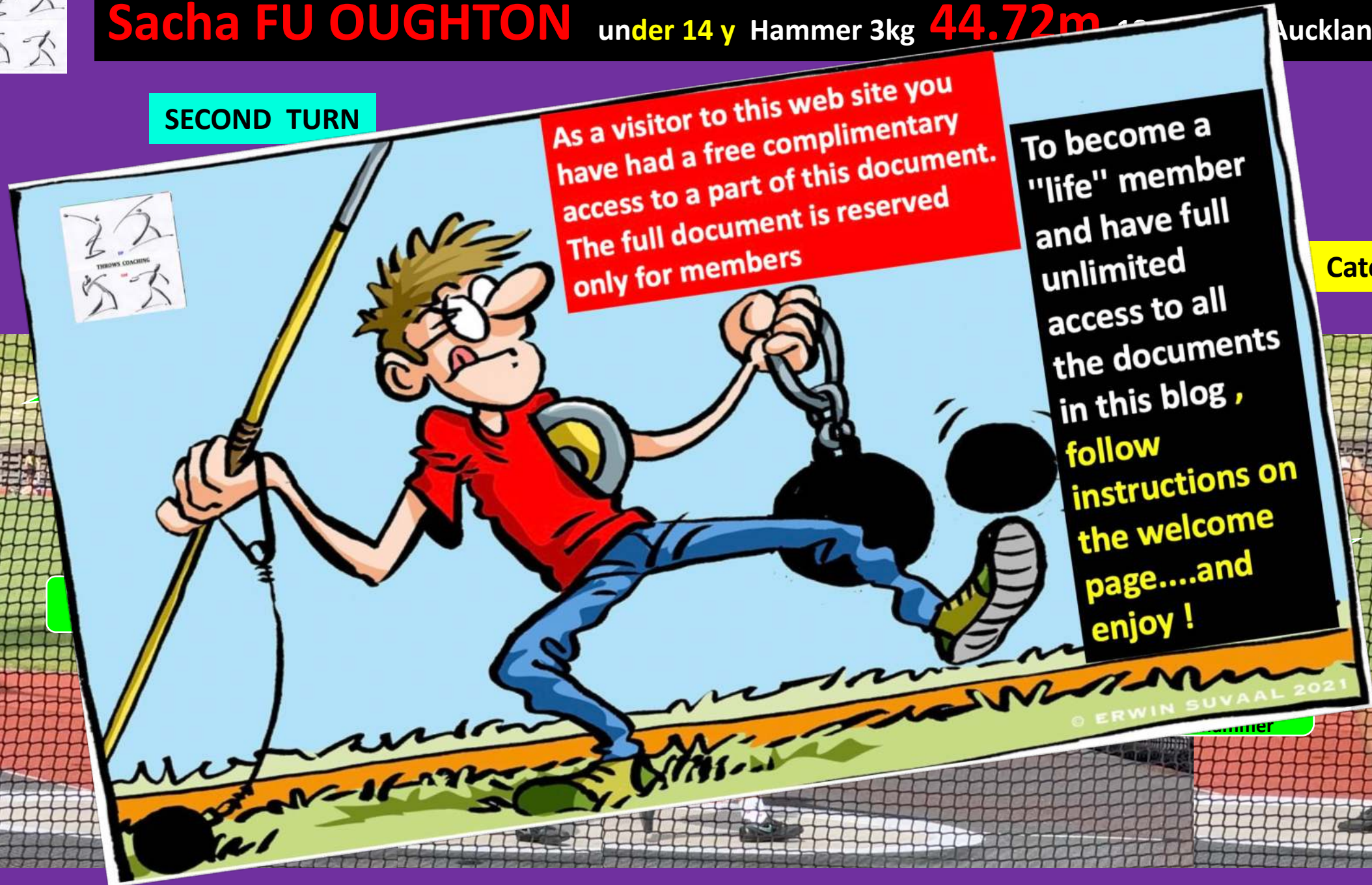
under 14 y

Hammer 3kg

44.72m

Auckland

SECOND TURN



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Catch 2<sup>nd</sup> turn

Perfect catch at 11 O'clock