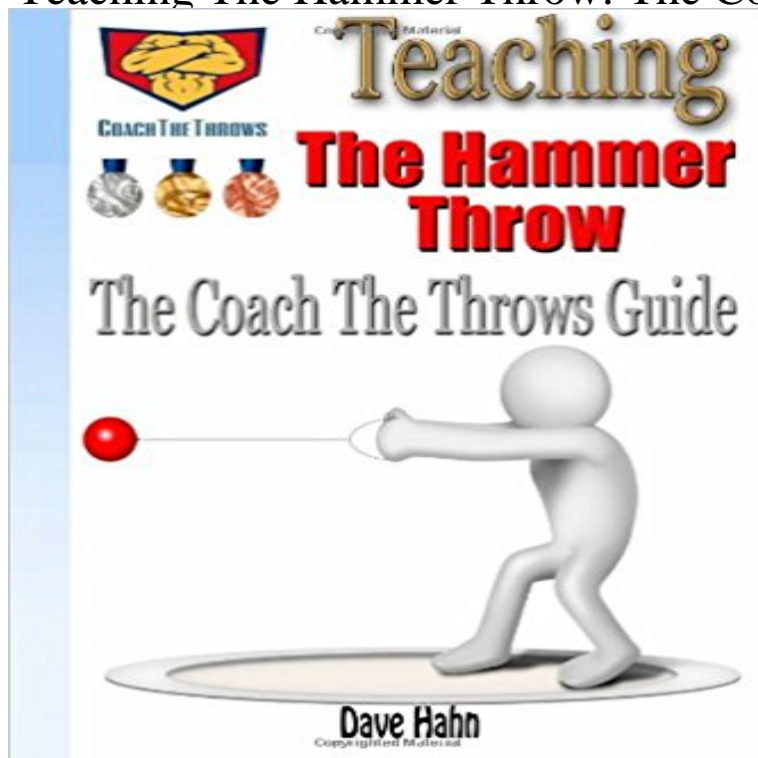


Teaching The Hammer Throw: The CoachTheThrows Guide



Teaching the Hammer Throw: The CoachTheThrows Guide, is an illustrated manual designed for the coach of beginning hammer throwers. The manual walks coaches through teaching progressions and a series of drills to efficiently move athletes through the progressions of the full movement. Its small size, and easy to maneuver format, make it a great resource to add to your coaching bag for quick reference

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