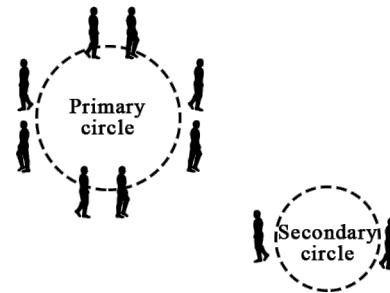


Hot Potato Hammer



Objective: To focus on the hip action used in the hammer throw

Description: Athletes form a primary circle with their backs toward the inside of the circle. A medicine ball will be the hot potato. The potato is passed from one athlete to another around the primary circle. Focus on the athlete receiving the med ball in a power position with the upper body torqued and using the hips to deliver the medicine ball to the next athlete. When the leader yells hot potato the person left holding the ball is eliminated from the circle. After the second person is eliminated, the eliminated athletes will move to the secondary circle located inside the primary circle and play hot potato. There will be two athletes playing in the secondary circle passing the ball back to back. Emphasize full extension as they reach back to receive the ball and as they swing the ball in front of the body to hand off. Eliminated athletes in the secondary circle will re-join the primary circle on the next round. There will always be two athletes passing the med ball in the secondary circle.



Variations: (1) Instead of the player holding the hot potato being eliminated, change the rules every time as to who will be the hot potato. Examples: two people to the right, one person to the left, etc. (2) Athletes in the secondary circle are not eliminated and eventually there will only be one athlete left in the primary circle with the remainder in the secondary circle.

Equipment: Two medicine balls

