

Hammer

Skill description

The hammer is a third throw in ultimate. While less used than the forehand and backhand, the hammer is an effective throw when trying to throw the disc to a receiver, that is behind defenders.

Begin with the forehand (pistol) grip, keep your eye on the receiver, place your weight on your non-pivot foot and cock the disc beside your head. As you bring the disc forward, shift your weight from your non-pivot foot to your pivot foot. Release the disc above and in front of your head, at a 45 degree angle. Like the forehand and the backhand, put a lot of spin on the hammer.

This motion is similar to serving in tennis. The disc should fly in an arc, and arrive flat and upside down at your receiver.

Adjust the angle of release to fine tune the hammer. While hammers can be effective and exciting throws, they are difficult to perfect. Because of the flight of the disc, a hammer has a smaller margin for error, but it's a fun throw to practice and to show off your new disc skills.

Video

[Ultimate 101: Hammer](#)

Step	Description	Cues	Common errors
Positioning	<ul style="list-style-type: none">• Start facing forward• Scan upfield as early as possible• Identify open receiver	"Start facing forward"	Standing in backhand stance
The grip	<ul style="list-style-type: none">• Make a pistol grip, then straighten your other two fingers• Thumb tight on the flight rings	"Same grip as the forehand"	Holding the disc with a backhand grip
The preparation	<ul style="list-style-type: none">• Step back	"Step back with	Not bending the

	<p>slightly and move your weight to your non-pivot foot</p> <ul style="list-style-type: none"> • Tilt your torso • Knees slightly bent 	non-pivot foot”	<p>knees</p> <p>Not stepping back with non-pivot foot</p>
The acceleration	<ul style="list-style-type: none"> • Draw back your shoulder and bring the disc behind your head • Aim about 30 degrees above the horizon 	“Bring disc behind your head”	Bringing the disc to the side, above the shoulder, rather than behind the head
The release	<ul style="list-style-type: none"> • Release the disc on a 45 degree angle • Aim slightly to the side of your receiver, as the disc will curve • Flick your wrist and fingers on release to generate spin • On release, disc and forearm should be at same angle 	“Release at 45 degrees”	<p>Releasing vertically and above shoulder, rather than behind the head</p> <p>Not flicking the fingers and wrist upon release</p>

Practice

- Have players pair up and practice throwing a hammer to each other starting at 10 metres apart
- Extension: Try adding a defender in the middle, and increasing the distance of the throws