



THROWING

overhand



Important Keys

- 1 I stand sideways to my target as I get ready to throw.
- 2 My throwing arm is back and extended with my elbow at shoulder height.
- 3 As I throw, I step with my opposite foot.
- 4 I rotate my hips and my spine as I throw the ball.
- 5 I follow through by bringing my arm down and across my body.

