



**THROWING**  
— underhand —



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# THROWING

underhand

I face my target as I get ready to throw.



# THROWING

underhand

I swing my arm backwards to start my throw.



# THROWING

underhand

As I swing my arm forward, I step with my opposite foot.



# THROWING

underhand

I let go of the ball between my knee and waist level.



# THROWING

underhand

I follow through by pointing my throwing hand towards my target.



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