



**STAND SIDEWAYS
TO YOUR TARGET.**



**BRING YOUR
THROWING ARM BACK
WITH YOUR ELBOW AT
SHOULDER HEIGHT.**



**STEP WITH YOUR
OPPOSITE FOOT AS
YOU THROW
(YOUR ELBOW LEADS THE THROW).**



**ROTATE YOUR HIPS
AND SPINE AS YOU
THROW.**



**FOLLOW THROUGH
TO YOUR TARGET
AND ACROSS YOUR BODY.**



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Manipulative Skills