

# STAND SIDEWAYS TO YOUR TARGET.

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**Manipulative Skills** 



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

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**Manipulative Skills** 

#### OVERHAND THAOSE OVERHAND THAOSE OF TRADING TRA

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

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Manipulative Skills



# ROTATE YOUR HIPS AND SPINE AS YOU THROW.

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**Manipulative Skills** 



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

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**Manipulative Skills**