



OVERHAND THROW

KEYS TO SUCCESS



**STAND SIDWAYS
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.**





UNDERHAND THROW

KEYS TO SUCCESS



**STAND FACING
YOUR TARGET.**



**BRING YOUR THROWING ARM
BACK BEFORE YOU THROW.**



**STEP WITH YOUR OPPOSITE
FOOT AS YOU THROW.**



**RELEASE THE BALL BETWEEN
YOUR KNEE & WAIST LEVEL.**



**FOLLOW THROUGH TO YOUR
TARGET.**



CATCHING

KEYS TO SUCCESS



EXTEND YOUR ARMS OUTWARD TO REACH FOR THE BALL.



WATCH THE BALL ALL THE WAY TO YOUR HANDS.



CATCH WITH YOUR HANDS ONLY.



PULL THE BALL TO YOUR BODY AS YOU MAKE THE CATCH.



CURL YOUR BODY AROUND THE BALL TO SECURE YOUR CATCH.

