

## OVERHAND THROW

#### **KEYS TO SUCCESS**



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.

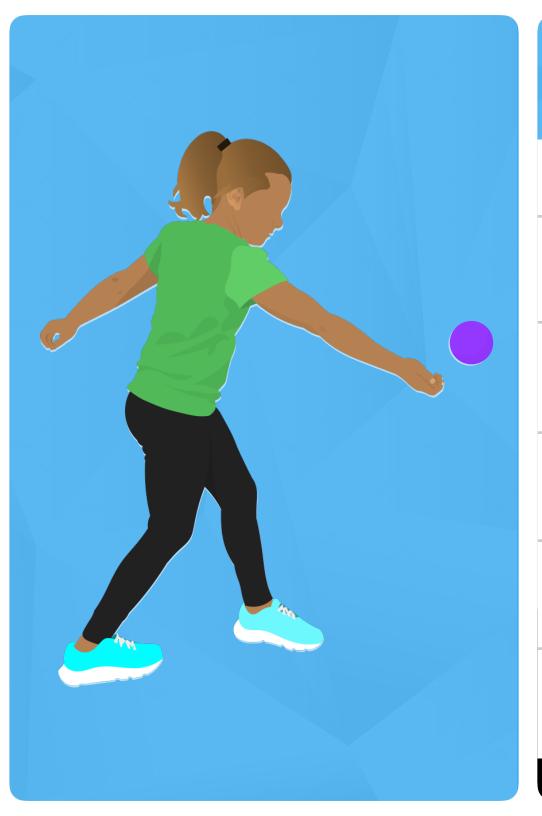


FOLLOW THROUGH TO YOUR TARGET.



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## 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.**