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.



KEYS TO SUCCESS



STAND SIDEWAYS TO YOUR TARGET.



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



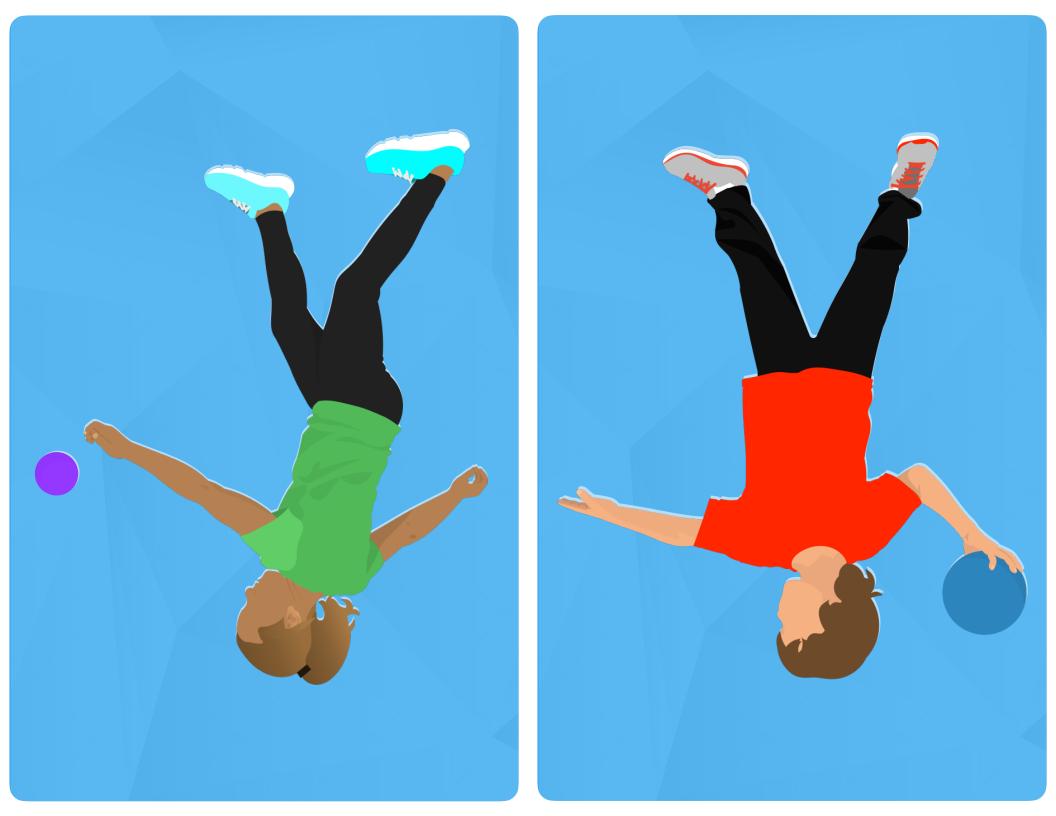
STEP WITH YOUR OPPOSITE FOOT AS YOU THROW (YOUR ELBOW LEADS THE THROW).



ROTATE YOUR HIPS AND SPINE AS YOU THROW.



FOLLOW THROUGH TO YOUR TARGET.



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.

