



**STAND FACING  
YOUR TARGET.**

 [ThePhysicalEducator.com](https://www.youtube.com/channel/UCvT318Ct11o311o311o311o)

Manipulative Skills



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

 [ThePhysicalEducator.com](https://www.youtube.com/channel/UCvT318Ct11o311o311o311o)

Manipulative Skills



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



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



**FOLLOW  
THROUGH TO  
YOUR TARGET.**