

UNDERARM THROW

DIRTY LAUNDRY



COACHING TIPS

- ▶ Stand front on to your target, holding the ball with both hands to your chest.
- ▶ Throwing hand swings down and backwards, reaching behind your trunk.
- ▶ Step forward with the opposite foot to the throwing hand and swing your arm forwards and up.
- ▶ Hand follows through, after ball release, to chest level.

THE GAME

Using some rolled up socks, see how many pairs of socks you and your daughter can throw in the washing basket in 30 seconds. Stand roughly 2-3 metres away from the laundry bin.

Try and beat your previous score every time.

DIFFICULTY LEVEL

Tricky

Move further back; 4, 5, 6 metres from your laundry bin.

Trickier

Can you find a smaller basket to throw your socks into.

Trickiest

Why not try throwing with your non-dominant throwing hand.