

OVERARM THROW



DAY AT THE FAIRGROUND

COACHING TIPS

- ▶ Stand side on to the target with your hands at chest, holding the ball with both hands to your chest. Eyes focused on the target throughout the throw.
- ▶ Windup of your arm is initiated with movement of the throwing arm backwards.
- ▶ Step towards target with opposite foot of the throwing hand
- ▶ Hip and shoulder (and arm) should rotate forwards, in sequence, and release the ball.
- ▶ Throwing arm follows through, down and across your body.

THE GAME

Set up some targets on a table (like the coconut shy at the fairground). Using an overarm throw, try to hit the targets and knock them down.

You have three throws each - see how many targets you and your daughter can hit together.

DIFFICULTY LEVEL

Tricky

Move further away from the targets

Trickier

Make the targets smaller than the original targets or reduce the number of targets

Trickiest

Why not try throwing with your non-dominant arm

