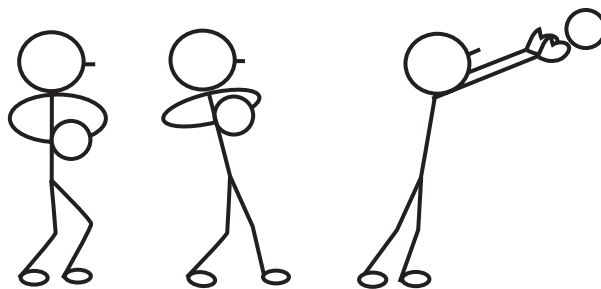


PUSH THROW

3



TEACHING POINTS

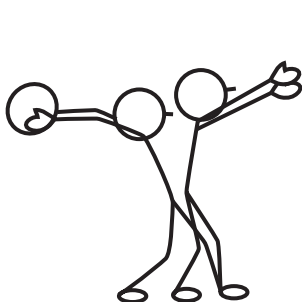
- Stand with one foot in front of the other (*right handed-left foot forward.*)
- Hold ball at chest height with fingers of both hands spread **behind the ball.**
- Lean back briefly to **take weight on back foot.**
- Push the ball away from the chest in a **forwards** and **upwards** direction.
- Transfer body weight to **front foot** and follow through with **stretched arms.**

© Val Sabin 2007

PULL THROW

4

Equipment:- Medium/large ball, cone for starting line, a marker for each person.



- (i)
- Stand with front foot up to the line. (Left foot if right-handed)
 - Hold the ball in both hands and take it back behind your head.
 - Weight is on the back foot and body is stretched.
 - Throw the ball upwards and forwards.
 - Follow through with stretched arms and weight on front foot.

LOOK AT A PARTNER. HOW CAN YOU MAKE THE THROW BETTER?

© Val Sabin 2007