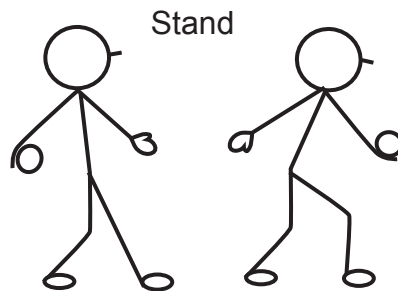


UNDERARM THROW - (FLING)

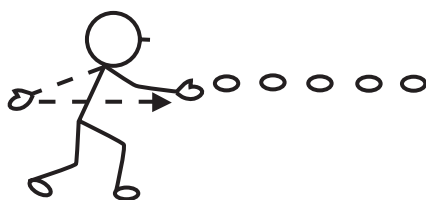
TEACHING POINTS

- Stand with one foot in front of the other (*opposition*).
- Take weight on the back foot as you take the ball behind you.
- Transfer body weight forward onto front foot as you swing your arm forward and release the ball. “LEGS FIRST - ARMS LAST AND FAST”
- Keep the swinging throwing arm straight throughout the action.
- Balance the swinging throwing arm.
- With free arm (*swinging arm back as the free arm points forward, then as the throwing arm swings forward, the free arm swings back*).
- Release point is at a point midway between the waist and shoulder.

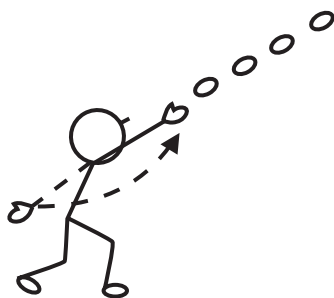


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UNDERARM RELEASE - HIGH AND LOW SKILL CARD



Release between waist and shoulder for **short, low flight**.



Release head height or above for **high, longer flight**.

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