

C SHOULDER PASS

This action is very much like an over-arm throw with a small ball.

- (i) Sideways stance, one foot in front of the other (*right hand throw = left foot forward*).
- (ii) Take the ball back to just behind the shoulder with right hand.
- (iii) Left hand on the front of the ball to steady it.
- (iv) Lean back, throw the ball with a push forward.
- (v) Weight transfers to front foot and arm follows through.



D TWO-HANDED OVERHEAD PASS

- (i) One foot in front of the other (*right handed thrower = left foot forwards*).
- (ii) Hold the ball with both hands (*at the sides and slightly behind the ball*).
- (iii) Take the ball back behind the head.
- (iv) Take the body weight back onto the back foot.
- (v) Pull the ball forward and step forward onto the front foot as the ball is released.

