

Overhand Throwing



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READY POSITION

 Eyes focused on target, non-throwing shoulder facing target, weight on back leg, hold bent elbow back at shoulder height

ACTION

Steps forward with foot opposite to throwing arm

ACTION

 Rotates hips and shift weight from back to front leg

ACTION

 Elbow leads throw as shoulder rotates

FOLLOW THROUGH

 Arm follows through down and across body

Manipulative Skills www.winnipegsd.ca