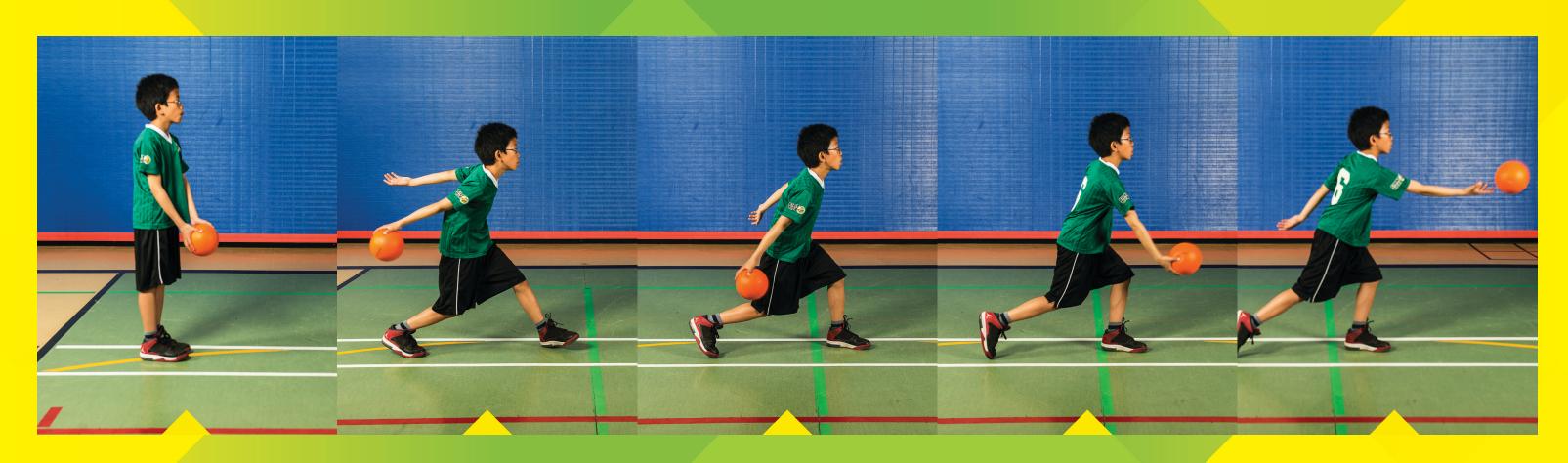


Underhand Throwing



Scan QR Code to view video demonstration



READY POSITION

Eyes on target, standing square to target

ACTION

 Throwing arm extends straight back

ACTION

 Opposite leg steps forward, legs bend as arm follows forward

ACTION

 The ball is released in front of body at waist height

FOLLOW THROUGH

Arm extends toward target