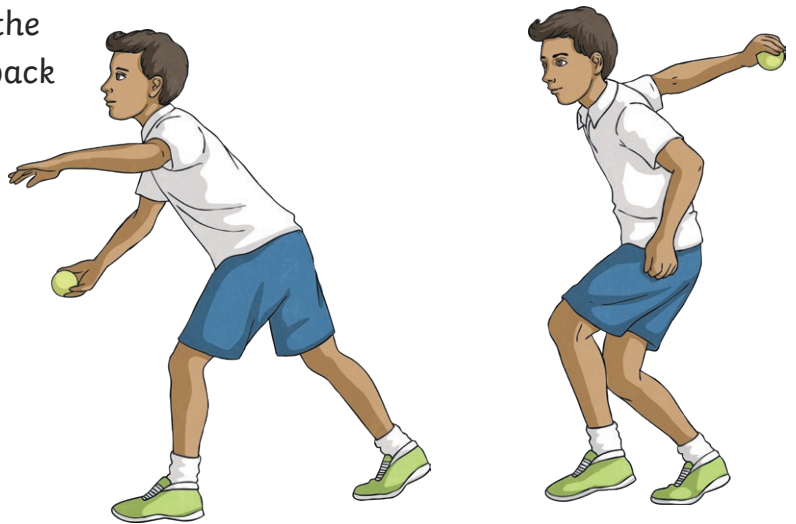


# Underarm and Overarm Throwing Technique

## Underarm Throw

1. Start by facing the direction you are throwing.
2. Hold your throwing arm straight behind your body.
3. Swing your arm forwards to the front of the body, transferring the weight from your back foot to your front foot as you do.
4. Release the ball at waist height.



## Overarm Throw

1. Stand side-on to the direction you are throwing with your non-throwing arm stretched out in front.
2. Grip the ball between the fingers and thumb of your throwing hand, with your palm facing upwards.
3. Raise your throwing arm at shoulder height behind your head, with your elbow slightly bent.
4. Step towards the target with opposite foot to the throwing arm as you bring your throwing arm forwards, releasing the ball when your hand is in line with the top of your head with a flick of the wrist.
5. Follow through with your throwing arm, down and across the body (pretend to put your throwing hand into the opposite pocket, across the body, after the ball is released).

