



THROWING

Warm up: SQUARE DRILLS

UP, DOWN, OUT. Find a space. Start by standing still and lift your arms up straight above your head. Then by your side. Then out at the side of your body. Repeat for 1 minute. Then start to march and complete same arm movements for 1 min. Then jog or run completing same arm movements for 30 seconds.

Main activity:

ACTIVITY 1 – Explain the 3 types of throws PUSH PULL AND SLING. (demonstrate)



Two handed push throw – change starting positions. Sitting kneeling and standing.

Set a target on flat surface and throw the large ball. When standing move starting position further away and aim for target (keep moving further away from target)

ACTIVITY 2 – One handed push throw (shot putt) place out a small circle of cones and demonstrate the push throw with a small ball against the flat surface. Introduce the skip technique.

ACTIVITY 3 – Run and throw. Place 2 cones approx. 5 metres apart. Put the large ball on one and the small ball on the other. Throw up the large ball then place it back down, run to small ball and throw up, then place it back down. Back to large ball but this time complete 2 throws and then back to small ball for 2 throws. Complete sets up to 10 throws.

Coaching points:

- Leg opposite to throwing arm for one handed throw.
- Feet apart and knees bent for 2 handed throw.
- Throw from low to high.
- Follow throw with a fast arm.
- Keep your eye on the object when catching.



Don't forget to cool down!



Differentiation:

HARDER – Use a combination of different throws.

- Make your target smaller.

EASIER – Use a light ball.

- Stay in same starting position.

