



Fielding exercise- under arm throw



Equipment needed- 1 shoe (marker), 1 container (target) and 8 pairs of socks. This game can be played inside or outside.

Firstly, you will need to put a shoe down as a marker, this is where you are going to perform the under arm throw from. The socks will need to be rolled up so they create a ball, once you have made 8 sock balls you are ready to go!

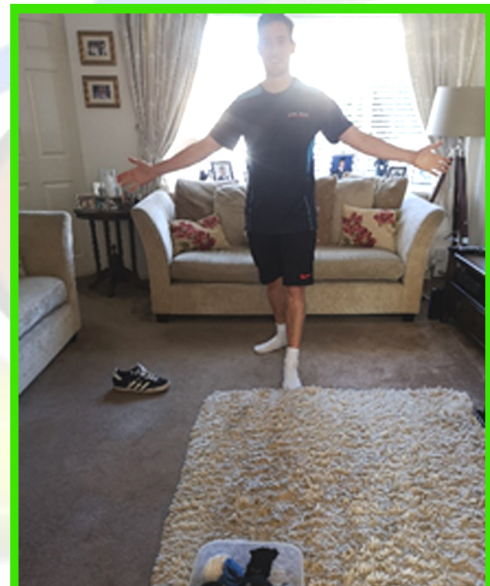
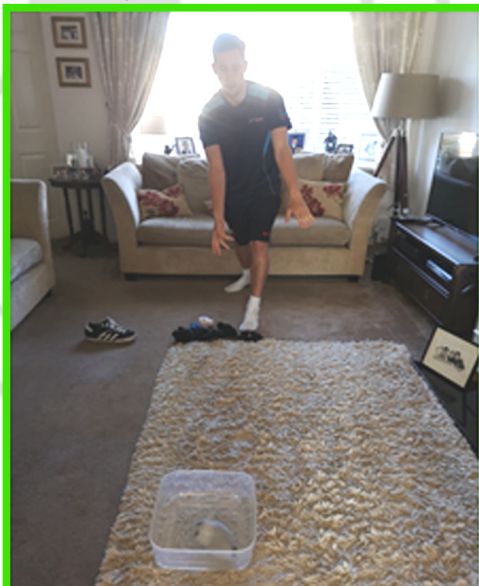


Box/container is the target

Shoe represents the marker

Socks rolled together to make the ball

* Remember to step, point and throw! You need to put the ball into your stronger hand, point towards the box with your other hand and also step towards the box with your weaker foot.



Keep throwing the sock balls into the box until they're all in the box

Progression-

Ask a parent/sibling or anyone else to time how long it takes you to throw 8 sock balls into the container, on your second go, try to beat your time.