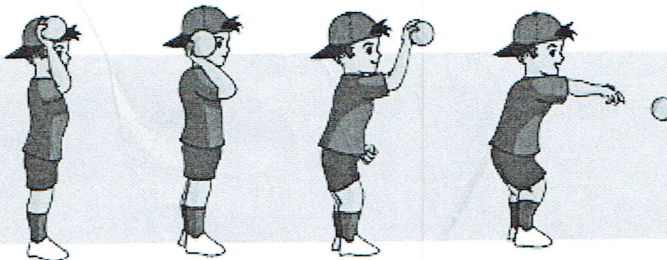


# Developmental Phases

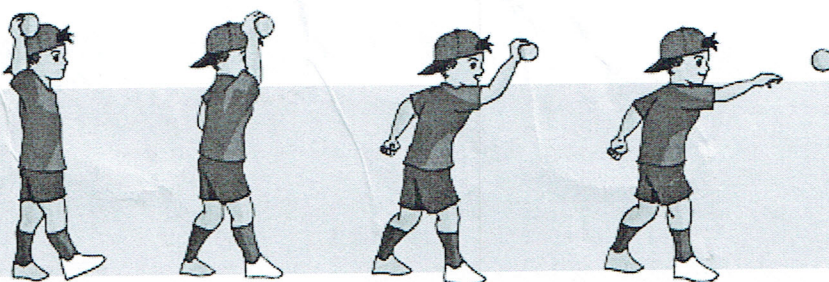
## Overarm Throwing

### Initial



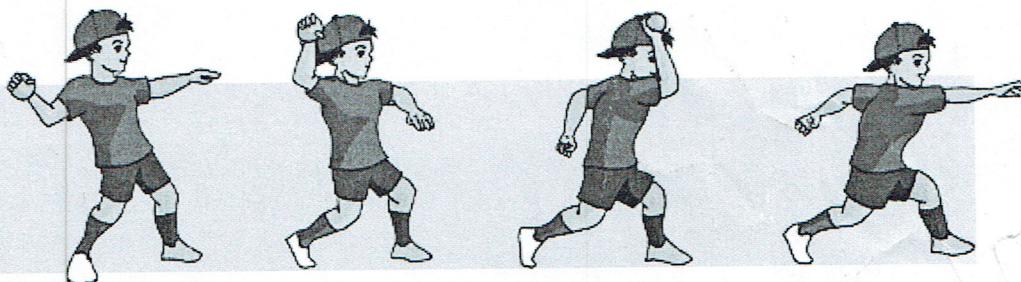
- Throw resembles a push. Movement is limited to the front of body and only the elbow is used to push the object.
- Fingers are spread out at the point of release.
- Body remains straight with little or no trunk-shoulder rotation.
- Legs are straight and stationary.

### Transition



- During preparation, the throwing arm swings and brings the ball to head level.
- Body rotates slightly towards throwing side.
- Foot on the same side as throwing arm steps forward.
- During the throw, arm swings high over shoulder with body leaning forward.
- Throwing arm reaches forward and downward after ball is released.

### Mature



- During preparation, throwing arm swings backward and upward.
- Elbow moves close to ear level, leading the throw.
- A forward step is taken with the foot opposite to the throwing arm.
- During the throw, body rotates to face forward and body weight transfers from back foot to front foot.
- Elbow straightens before release, with throwing arm reaching forward and downward in follow-through.

### Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10