

OVERHAND THROW



About the skill

Throwing involves releasing an object forcefully with the hands. The overhand or overarm throw is an important object control skill for future sport participation. It is used in sports such as baseball, softball, basketball and gridiron, and the same pattern is used to throw a javelin, to serve in tennis and volleyball, and to perform an overhead clear in badminton. The skill criteria are similar for the two-handed and one-handed strike.



Skill Criteria	Why Are They Important?
1 Stands side on to direction of throw	Ensures the opposite foot to the throwing arm is forward and enables the hip and shoulder to rotate forward during the throw.
2 Throwing arm moves in a downward and backward arc	Encourages the transference of weight onto the back foot and the rotation of trunk. It also increases the range of motion of the arm which puts the major contracting muscles into stretch and therefore facilitates an increase in muscular contraction and therefore adds force to the throw.
3 Opposite foot to throwing arm steps forward	The step forward increases the distance over which the thrower can apply force to ball and allows the trunk to rotate forward.
4 Hips then shoulders rotate forward	Much of the throwing force is generated by the forward hip and trunk rotation. The action eliminates muscle strain to the arm and shoulder and is important to add to the flow of the action.
5 Elbow bends as throwing arm moves behind head	Shortening the length of the arm (radius) means it can move through the range of motion with greater speed and less resistance.
6 Forearm and hand lag behind upper arm	The hand is the last body part to move forward. Watch the ball in hand and make sure it stays behind the body.
7 Throwing arm follows through across body	The follow through is important for power and accuracy as well as dissipating the force and eliminating the tendency to decelerate before the completion of the action. It also maintains balance and protects the joints, muscles and connective tissue.

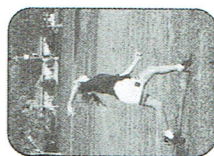
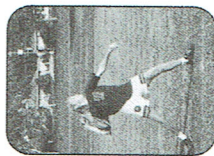
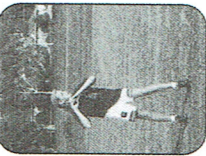
Teaching Notes

- It is important to develop a preferred throwing arm. It is not necessarily the hand the child writes with.
- Teach the overhand throw in a different lesson to the catch. Children learn to catch a large ball and throw a small ball.
- The non-throwing arm should be raised to balance the action. You may ask the child to point at a target or target area.
- The ball should be gripped with fingers like "rabbit ears".

► Verbal Cues

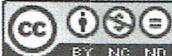
- ▶ Side-on or stand sideways
- ▶ Take a big step forward
- ▶ Bend your elbow
- ▶ Uncoil the spring
- ▶ Step and throw
- ▶ Slowly unwind
- ▶ Crack a whip

OVERHAND THROW



Names	Global Check		Preparation				Propulsion				Follow through		Formal or informal observational setting			Level
	Legs	Arms	Legs	Arms	Head and Trunk	Arms	Arms	Arms	Arms	Arms						
	1. Stands side on to direction of throw	2. Throwing arm moves in a downward and backward arc	3. Opposite foot to throwing arm steps forward	4. Hips then shoulders rotate forward	5. Elbow bends as throwing arm moves behind head	6. Forearm and hand lag behind upper arm	7. Throwing arm follows through across body									

Observation position To the throwing arm side
Instruction Throw the ball as far as you can



Successful Teaching Strategies

Beginning	<ul style="list-style-type: none"> • Concentrate on throwing balls for distance rather than accuracy - i.e., not to a partner or at a target. • Provide a cue indicating which foot should step forward. Tie a coloured ribbon or place a spot on the front foot. Place foot shapes or carpet on the ground. Place the front shape/square to the left of centre (if right handed thrower) to encourage hip rotation. • Demonstrate how to raise the non-throwing arm to point in the direction of the throw.
Developing	<ul style="list-style-type: none"> • Challenge the child to throw greater distances. Use markers to measure the distance of the throw. • Encourage the child to practice a split hip and shoulder rotation. It is difficult to observe, however it is happening if the action is smooth and gives a sense of a whip cracking or a spring uncoiling.
Consolidating	<ul style="list-style-type: none"> • Demonstrate, then practise a run up or crow hop. • Introduce an accuracy challenge. "Can you hit the target?" • Observe the action from the rear to check for a lateral bend of the trunk away from throwing arm side. • Play games such as Captain Ball (see Appendix 2).



Intervene if you see..

- Standing front on to the target area rather than side on.
- The throwing arm lifting up and over the shoulder rather than down and back.
- Stepping forward with the foot on the same side as the throwing arm.

UNDERHAND THROW



About the skill

The underhand or underarm throw is useful for short distances, particularly when accuracy is important, for example in a run-out in tee-ball. It is used in several games and is the only throw permitted for a softball pitcher to the batter. A similar action is used to serve in volleyball and badminton. The same skill criteria are important for the underhand roll, except the ball is released along the ground by bending the knees and leaning forward. The underhand roll is used in tenpin bowling and in rolling a hoop or a tyre.



Skill Criteria	Why Are They Important?
1 Stands face on to direction of throw	The body needs to be oriented toward the target.
2 Stable head and trunk, eyes focused on target area	This action ensures all movement occurs in the forward and backward plane.
3 Ball held in front of body	This starting position allows for the back swing of the throwing arm.
4 Steps forward with opposite foot to throwing arm	This action enables a greater distance over which the throwing arm can develop force.
5 Well timed release	The angle of release will determine the distance the ball will travel.
6 Follows through with straight arm	The back swing and follow through ensures a greater distance and time over which to develop force for the throw. A straight arm creates a longer lever and therefore a greater range of motion.

Teaching Notes

- The underhand roll is a similar skill except the performer needs to bend their knees more. If the ball bounces along the ground, then they need to bend their knees even lower.
- Consider using different size balls to vary the difficulty of the activity.
- This skill doesn't need to be taught before the overhand throw. They are different ball skills with different skill criteria.

- **Verbal Cues**
- ▶ Step, swing, follow through
 - ▶ Opposite foot forward



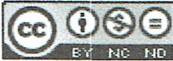
UNDERHAND THROW



Names	Global Check	Preparation			Propulsion		Follow through		Formal or informal observational setting			Level
		Legs	Head and trunk	Arms	Legs	Arms	Arms					
	✓ or •	1. Stands face on to direction of throw	2. Stable head and trunk, eyes focused on target area	3. Ball held in front of body	4. Steps forward with opposite foot to throwing arm	5. Well timed release	6. Follows through with straight arm					

Observation position To the throwing arm side

Instruction Throw the ball underhand as far as you can



Successful Teaching Strategies

Beginning	<ul style="list-style-type: none">• Use an appropriately sized ball for the child and the activity. Large playground balls are difficult for children to control with one hand.
Developing	<ul style="list-style-type: none">• Discuss and/or demonstrate the effect of different angles of ball release. Discovery learning is an excellent strategy. "What happens when you let the ball go when your hand is up high? Now what happens when you let the ball go down low?"
Consolidating	<ul style="list-style-type: none">• Introduce an accuracy challenge by providing targets or passing the ball to partners.• Play minor games such as Beat the Ball, French Cricket, or Captain Ball.



Intervene if you see..

- The ball goes too high (late release) or too low (early release) indicating a mistimed release.
- Failure to step forward with the opposite foot to the throwing arm.
- An inadequate follow through.