

## Throwing FUNdamentals

### Preparing to throw

- Once the ball is secured take the glove and throwing hand to the throwing shoulder
- Turn the glove towards the body
- Use the throwing hand to reach in the glove and grip the caught ball
- Bring the body to the 'Set Position' for throwing by using either a crow hop or crossover step



Gripping the ball

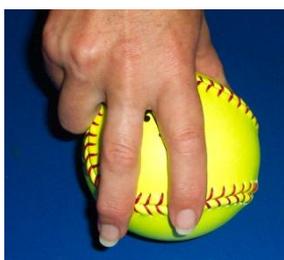


'Set Position' for throwing

### Executing an overhand throw

#### Throwing grip

- Hold the ball in the fingers not the palm
- Hold the ball with 2, 3 or 4 fingers on top of the ball
- Fingers are placed across the seams
- Aim to have the thumb on the seam directly under the ball
- Hold the ball firmly but not rigidly



### Set position

- Stand side on and point the glove hand shoulder and elbow at the target.
- Feet are slightly wider than shoulder width apart
- Head is over the belly button
- Throwing hand is extended back with the elbow above the shoulder
- Fingers and ball are pointing away from the body
- Head remains still and level with eyes looking at the target

### Throwing technique

- Throw starts with an extended walking step using the foot opposite to the throwing hand
- Step should be straight at the target
- Rotate hips, then body and then shoulders to the throwing side as weight is driven off back foot and transferred onto the front foot
- Weight transfers to the front foot as arm comes forward and over the top. Fingers are behind the ball
- Ball hand trails the elbow until the shoulders are square
- As the arm comes forward the wrist is under the ball and wrist is kept cocked
- Ball is released at a 'high five' position with wrist snap toward the target

### Follow through

- After release the body continues forward rotation until the throwing shoulder is pointing at the target and weight is on the front foot
- Throwing hand continues down and past the opposite hip and knee

