

Overarm throw

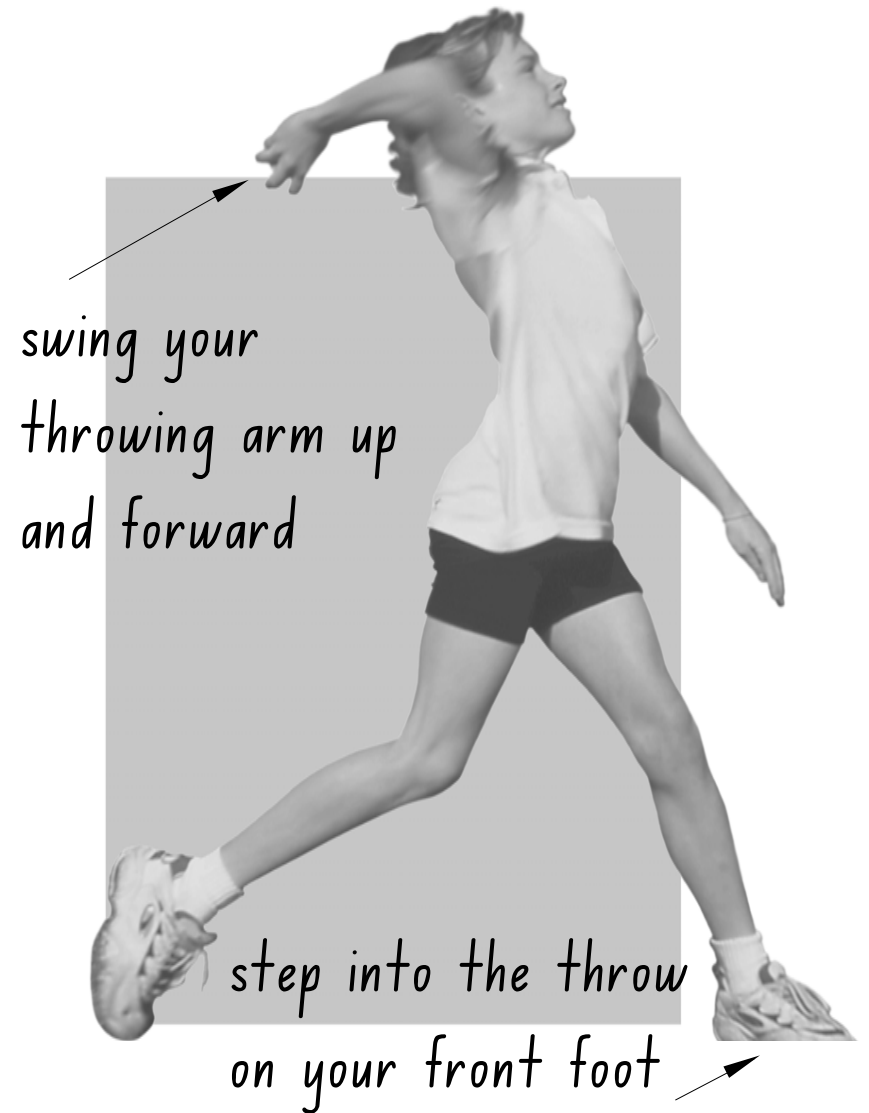
swing your throwing arm right back



look to where you are throwing

stand side on to where you are throwing

Show me how to ... **throw**

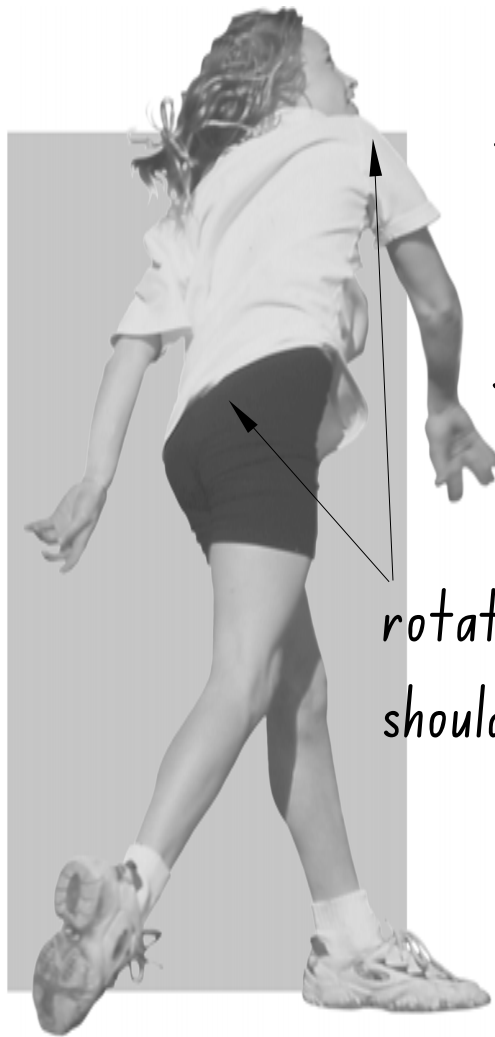


swing your throwing arm up and forward

step into the throw on your front foot

Show me how to ... **throw**





*follow through
with your
throwing arm,
down and across
your body*

*rotate your hips and
shoulders forward*

Show me how to ... **throw**

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