

THROWING EXERCISES

These are fun Throwing exercises

EXERCISE 1 SITTING HAND ROLL

ORGANISATION

- Sitting with legs astride the players roll the ball against a wall
- Use two touches, one to roll the ball against the wall and a second to stop it on the way back
- Progress the exercise by rolling the ball continuously without stopping it

KEY POINTS

- Use a two-handed underarm technique to roll the ball



EXERCISE 2 KNEELING HAND ROLL

ORGANISATION

- In a kneeling position the players roll the ball against a wall stopping it on the way back
- Progress to roll the ball continuously without stopping it
- Swing the ball from one side and then the other; a bowling type throw
- Roll the ball around the body in a clockwise and anti-clockwise direction passing the ball from one hand to another
- Perform the sequence on one knee and using one hand
- Roll the ball around the body under the knee passing the ball from 1 hand to the other

KEY POINTS

- Progress from a two-handed technique to a one-handed bowling-type technique



EXERCISE 3 STANDING HAND ROLL

ORGANISATION

- In a standing position the players use both hands to roll the ball against the wall and stop it on the way back
- Progress to continuously rolling the ball
- Progress to using one hand and then the other
- Roll the ball around one foot
- Roll the ball in a figure of eight in and out between the legs passing it from one hand to the other

KEY POINTS

- When rolling the ball against the wall stand facing the wall with one foot in front of the other



EXERCISE 4 HAND TO HAND ROLL

ORGANISATION

- Standing with feet astride the players roll the ball from one open hand to the other
- Begin by stopping the ball before each roll, before continuously rolling the ball
- Roll the ball around the body in a figure of 8 in and out between the legs passing it from one hand to the other

KEY POINTS

- Use a series of small rolls to maintain control when moving the ball around the body



EXERCISE 5 BRIDGE BALL

**ORGANISATION**

- The players work in pairs
- One player stands with their legs astride
- The other player rolls the ball between the legs of their partner using a one-handed underarm technique
- Follow the ball and attempt to pick it up at the other side
- Switch roles after a set time
- Move around the playing area after every go

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- When rolling the ball stand facing partner with one foot in front of the other

EXERCISE 6 TARGET ROLL

**ORGANISATION**

- Set out different targets such as markers, hoops, and channels to challenge the accuracy with which the players roll and throw the ball

KEY POINTS

- Progress from a two-handed technique to a one-handed bowling-type technique

EXERCISE 7 KNOCK THE CAP

**ORGANISATION**

- Set up a cone or a marker as a target
- The players roll the ball to hit and knock the target

KEY POINTS

- Use a big ball and a two-handed technique to begin before progressing to a one-handed technique with a smaller ball