

These are fun Throwing exercises

### EXERCISE 1 SHOT PUTT THROW

#### ORGANISATION

- Hold the bean bag or ball in one hand under the chin with the fingers behind the bag or ball
- Step forward with the opposite leg and push forward to throw the bag or ball as far as possible

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Step forward with the foot on the opposite side to provide balance



### EXERCISE 2 ONE-HANDED OVERARM THROW

#### ORGANISATION

- Throw a variety of Bean Bags, balls of various sizes and soft and hard balls
- If throwing with the right hand step forward with the left foot for balance and vice versa

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target



### EXERCISE 3 MEDICINE BALL EXERCISES

#### ORGANISATION

- Sit with legs astride; throw the ball using a two-handed overarm throw
- In the kneeling position/on one knee; using a two-handed underarm throw, throw from one side and then the other
- In a standing position use a two-handed underhand technique with the legs astride
- Basketball type throw from the front of the chest; then a 2-handed overhand throw
- In a lying position, sit up and use a basketball throw
- In a lying position, sit up and use a two-handed overhand throw
- Introduce targets such as a hoop to improve the accuracy of the throw

#### KEY POINTS

- Use a medicine ball of suitable weight and size
- Ensure the players have enough room to perform the exercise safely
- Focus on technique



### EXERCISE 4 SLING THROW

#### ORGANISATION

- With a straight arm the ball or object is held out to the side and back from the body
- Leading with the opposite foot swing the arm around using the body, before releasing the ball

#### KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target



## EXERCISE 5 BOUNCE AND SHOOT

**ORGANISATION**

- Place a number of hoops on the ground and a target to aim for at the end of the course
- Run through the playing area bouncing the ball in the hoops before throwing the ball to land in or hit the target

**KEY POINTS**

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target