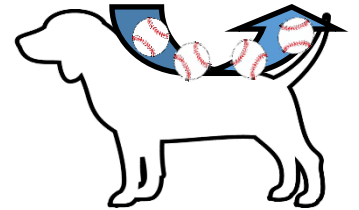


# THROWING



1. Turn body sideways with the **glove hand toward the direction you will be throwing.**
2. To get the ball high to throw, pretend to **pet the dog all the way up the tail.**
3. Throw the ball overhand, with glove pointing in the direction you are throwing.
4. **Follow through** across the front of your body with throwing hand ending up on the front knee.
  - a. If stepping to throw, make sure it is the glove side foot that steps, with the back foot staying in place or slightly coming up.



## Notes:

- NEVER throw the ball unless the other person is looking at you and has their glove ready.
- Should start throwing with people close together and move back as arm warms up.
- Should throw and catch with an adult, older sibling, etc. to start. Two 4, 5 or 6 year olds is called throwing and chasing, not throwing and catching.
- Make it a game.
  - Set up a bucket on the ground and have the child throw the ball so it lands and goes in the bucket.
  - Hang a hula hoop or target on a fence or wall and have the child throw from different distances.
    - Once they make 5 in a row, step back 2-3 feet, and continue.
- Any other ball can be used.
  - Baseball/Tee-Ball
  - Nerf ball
  - Whiffle Ball
  - Make a ball out of masking tape / duct tape / rubber bands / etc.