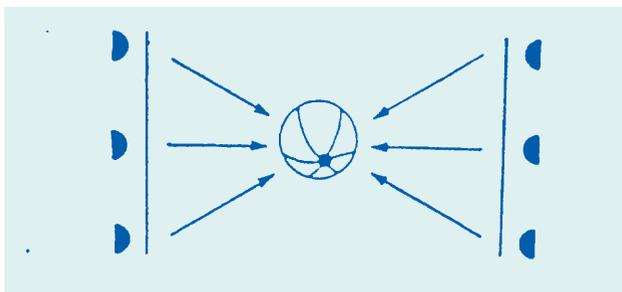


Resource material: Throwing activities

### TEAM COMPETITION

Two teams stand on lines 20 meters apart, with a basketball placed on the ground equi-distant from both teams. Each team throws volleyballs at the basketball, attempting to drive it over their opponents line. Allow one-handed and two-handed throws from above the head only.



### REACHING BACK TO THROW

Place several tennis balls (4 to 5) on a box top to the rear of the thrower. The thrower stands in a wide stance (slightly wider than shoulder width). The thrower reaches back, grasps a ball, turns to the front, and completes a standing throw.

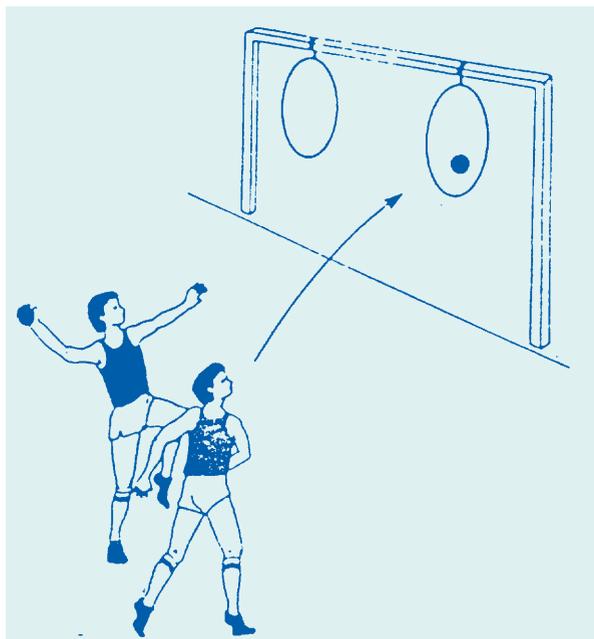
The balls must be placed far enough back to ensure that the thrower reaches well back with a straight arm, shifting the body weight well over the right foot and partially flexing the right leg.

As a variation, a partner offers balls individually on an open palm to the thrower. The thrower must be forced to reach well back to get each ball.

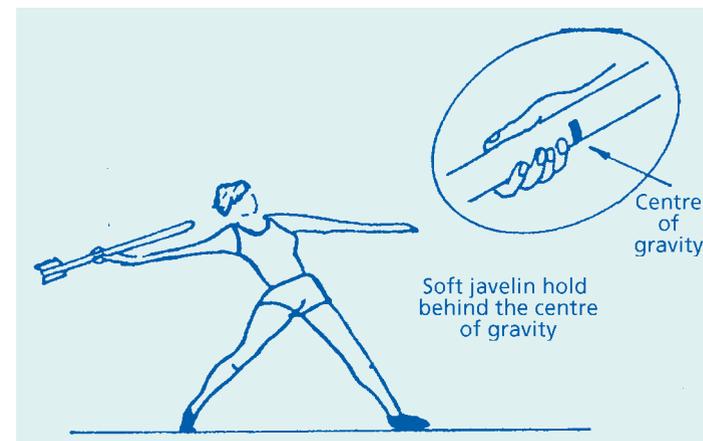


### THROWING AT TARGETS

Suspend hoops from soccer goalposts or draw circular targets on a wall. Students throw tennis balls at the target from various distances. All throwers throw the same direction, and each begins the throw with the body weight well to the rear and with the throwing arm extended. The targets force throwers to throw both forward and upward. You can award scores for accuracy.

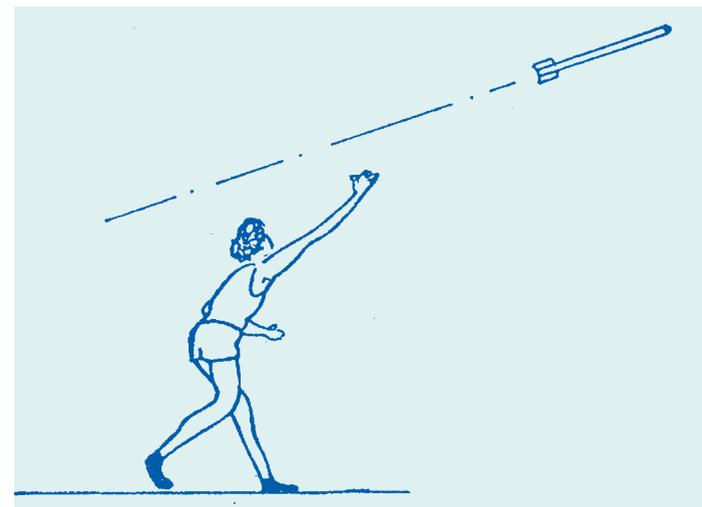


### PRACTICE USING THE SOFT JAVELIN



Place one foot behind the other which helps you to make use of the powerful muscles in your legs and practice throwing - not too high and not too low.

Ask the students to observe each others throws and to notice the angle at which the object goes furthest.



The longer the travel of the arm before releasing, the more the path of acceleration is increased and the faster the javelin or ball will leave your hand.