

# Throwing

## Grip    Arm Circle    Lower Body Mechanics

### 1. Grip the ball.



Thumb underneath the ball on the laces.  
Ball in the base of your fingers.  
Finger tips on the laces.

### 2. Arm Circle. No bow arrow motion, circle position, from glove to chest.

#### **Two Sides of the body**

**Left side** is your directional side, is like a scoop, glove or elbow to your target.

**Right Side** is the power side.

### 3. Lower body mechanics. Get your body in position to make an accurate throw.

- I. Step to you target at a 45 degree angle.
- II. Allow your hips and shoulders turn as you step to your target. Feet, Hips and Shoulders in line with Target.
- III. Knee inside of your feet.
- IV. Slight bend of your waist so you can transfer your wait forwards.
- V. Follow through. Shoelaces pointing to the ground and arm follow through to the other side of your body.

## Receiving or Catching

### 1. Foundation:

- I. Feet outside of your Hips and Flexing your ankles and knees.
- II. Use your footwork to get to the ball, allowing you to move your right or left side.
- III. Step with your right foot to the right side and step with your left foot to the left.
- IV. Always keep feet underneath your foundation is very important to receiving throws.

### 2. Elbows Down, Thumbs up and Secure the ball.

### 3. Transition

Position: Two hands together and feet 45 degree angle like the throwing position.