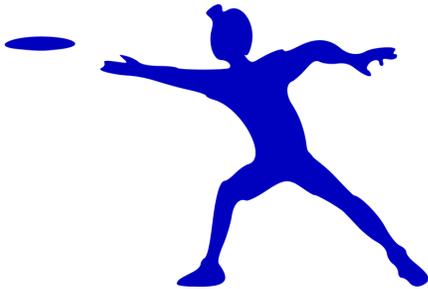


THROWING AND CATCHING STUDY GUIDE

THROWING OVERHAND CUES

- Point non-throwing side/shoulder to the target.
- Throwing arm way back behind head
- Step with your opposite foot towards target
- Follow through by letting your throwing arm come across the opposite side of your body.
- Rotate upper body to have the ball go farther



FRISBEE THROWING CUES

- Place index finger along the edge, thumb on top and the other three fingers holding the edge of the frisbee
- The shoulder of the hand you are throwing with should face your target
- Bring the disc towards the body by curling the throwing arm making sure to keep the frisbee level.
- Extend the arm and snap at the wrist (still keeping the frisbee level) while stepping towards your target with your foot (the foot you step with is the same side as you hold the frisbee with)
- Point to your target as you release the frisbee

CATCHING CUES

- Keep eye on ball
- Reach arms towards ball
- Give with ball as ball hits hands (bring ball into body)
- Thumbs together if ball is above waist
- Pinkies together if ball is below waist