Overhand Throw

Fill in the blank below with the correct respond.

1. The object/ball should be in your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hand.
2. You should stand \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to your target.
3. Your arm should make the capital letter \_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Your other hand should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at the target.

Point Stand Dominant

T Facing Sideways

L Wave

The Overhand Throw is a skill that takes a lot of practice. Practice throwing overhand with a family member or make a target to throw to. If you do not have a ball to practice with, you can use a pair of socks.