

LEVEL: SINGLE

SINGLE – THROWING

With a partner or a coach standing in front of the athlete at 25 feet, the athlete is asked to throw the ball. Accuracy is not important at this stage, only that the athlete be able to throw the distance.

Below is an activity that can be used to prepare for this skill:

ACTIVITY “THE NET” (9)

[Click here](#) for video demonstration

Goal: Teach the proper mechanics when throwing a ball.

Description: Divide the athletes into 2 equal groups on each side of the net.

Using soft balls and wiffle balls, ask athletes to pick up a ball off the ground and to throw it over the net. Both teams are throwing and receiving balls over the net for one minute before taking a break and then repeating the activity.

Equipment:

- A minimum of 6 soft balls or wiffle balls
- One screen, fence or net

VARIATIONS AND PROGRESSION:

- A. Athletes are located farther from the screen/fence/net

KEY POINTS

- *Make sure the grip is appropriate*
- *Glove side foot forward when throwing*

A competition can be created where the goal is to send all balls to the other side.