

LEVEL: TRIPLE

TRIPLE – THROWING

With a partner or a coach standing in front of the athlete at 50 feet, the athlete is asked to throw the ball. Accuracy is not important at this stage, only that the athlete is able to throw the distance.

Below is an activity which can be used to prepare for this skill.

ACTIVITY “THE RELAY” (11)

[Click here](#) for video demonstration

Goal: Execute a throw with precision and accuracy.

Description: Split athletes into two groups (depending on the number of athletes). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 and 30 feet from the hoop.

On signal, one athlete goes to the hoop and from there tries to throw a ball towards each cone. Two throws are allowed. The athlete then returns to the line and the next athlete attempts the task.

Equipment:

- Several balls (2 minimum)
- Two cones per team (4-6)
- 2-3 hoops

VARIATIONS AND PROGRESSION:

- A. If athlete hits 1st cone, 1 point is awarded
2nd cone = 3 points awarded
First team to finish = 2 additional points
- B. Add various challenges. Example: between line and hoop
- C. Without cones and hoops, teams are in line. Athletes throw to a partner. First team to go all the way and back gets the point

KEY POINTS

- *None. Let's have fun here!*