

Throwing Basics

1. Attack the ball front on where possible with weight forward.
2. The back foot should then go towards the target and in front of the front foot.
3. On shorter throws your feet will be apart approx 70% - 90% of your body height.
4. Longer throws the feet will be further apart due to the power needed to be generated approx 110% of body height.
5. Footwork on a short throw will be like a click of the feet though they do not touch. On a longer throw the back foot will jump through ahead of the front foot due to the power needed to be generated.
6. Posture should be low to reduce rotation and generate power from the legs.
7. The throwing arm should make a continuous circle and avoid going behind the head as this causes too much rotation in the upper body and reduces accuracy.
8. There should be a 90° "arm pit" angle though this will happen naturally if the throwing arm has a continuous circle.
9. Both feet should be in contact with the ground till after ball release.
10. The throw is started from a side on position and finishes chest on to the target.
11. Power for the throw comes from the weight being transferred from the back hip to the front foot.

