

Underhand Throwing Pattern Technique

by
Kelly E. Duell, M.A.



Ready Position:

- Feet shoulder-width apart, straddled.
- Beanbag/ball in one hand.
- Same foot, as throwing hand, slightly forward.



Step:

- Step with the opposite foot, shifting the weight from one foot to the other foot.
- Continue moving the throwing arm in an upward and forward motion.
- Begin the release of the beanbag/ball.



Rocker Step:

- Rock forward onto front foot, "weight change".
- Bend front knee, slightly.
- Begin moving throwing arm in an upward and forward motion.
- Palm is up.



Throw:

- Complete shift of weight from one foot to the other.
- Continue throwing arm movement.
- Release the beanbag/ball.
- Fingers should be facing the target.