

## Overhand Throwing Pattern



### “Wrist Flick/Flip”

- Sitting on ground.
- Elbow up at a right angle.
- Keep arm stationary, flick wrist forward.
- Ball should hit target in the middle (chest).



### “Forearm Extension”

- Non-dominate hand, palm down; forearm facing the ground; elbow bent at 90 degree angle; as if making a “shelf”.
- Dominate hand’s elbow on the back of the non-dominate hand.
- Elbow at 90 degree angle.
- Extend forearm straight forward, over the non-dominate hand.
- Finish with a wrist flick.

### “Trunk Rotation”

- The knee on the same side of dominate hand is on the ground.
- Opposite knee is up with foot flat on the ground.
- Kneeling up tall, not leaning or resting on back foot.
- Rotate trunk towards the non-dominant knee.
- Forearm Extension.
- Wrist Flick.
- Follow Through by touching the opposite foot with throwing hand.



### “Standing”

- Start square to the target.
- Non-dominant hand is away from the throwing area.
- Throwing arm’s elbow is up and out with ball by ear.
- Step opposite foot while doing the trunk rotation, forearm extension, and wrist flick.
- Follow through ends on opposite hip.
- Dominate foot should end parallel to the opposite foot’s ending position.



“Follow Through”

- Release the ball as the throwing hand is straight in front of the body.
- Throwing arm should begin to cross the mid-line of body.
- Throwing hand should do a wrist flick.
- Throwing arm all the way across mid-line of body.
- Throwing hand should touch the opposite hip.
- Dominate foot should end parallel to the opposite foot’s ending position.

