

## ***Underhand Throwing Pattern Technique***

by  
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### **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.
- Continue moving the throwing arm in an upward and forward motion.
- Begin the release of the beanbag/ball.



### **Rock:**

- 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.