



# Skill Card 8

## Teach kids the overarm Throw

The overarm throw is a skill frequently used in many sports, such as cricket, softball and baseball. The action is also used in athletics with the javelin, with the overhead serve and smash in tennis, volleyball and badminton and passes in netball and basketball.

### What to look for:

- Eyes focused on target area throughout the throw
- Stands side-on to target area
- Throwing arm moves in a downward and backward arc
- Steps towards target area with foot opposite throwing arm
- Hips then shoulders rotate forward
- Throwing arm follows through, down and across the body





# GAMES CARD

# 8

## Fun overarm Throwing Games

**Targets** (↑♣•) – empty drink cans or plastic bottles make great targets. Different targets can be worth different points. A wet tennis ball makes a great sound when it hits and will also leave a nice temporary mark on some walls. Water bombs at a cardboard box are great fun. As a variation set up targets at different distances from the throwing area. The further away targets are worth more points. How many throws do you need to accumulate 30 points?

**Goal Shooting** (↑♣•) – buckets and empty garbage bins make great goals. Concentric circles drawn on the ground (bullseye!) with chalk are also very good. Try different things to throw (balls, beanbags, rolled up socks).

**Target Golf** (↑♣•♠) – Make a light ball of taped up, scrunched up newspaper. Create a golf course around the yard or house with various objects as the holes. Some holes should be too long to reach the target in a single throw. Teeing off can be a full force overarm throw and putts can be underarm. Set up hazards on some holes like an obstacle in the way – throw over or go around!

**Throw for Distance** (↑♣♠) – Go for your personal best. Use light balls, even newspaper balls if you don't have much space.

**Clap, Clap, Clap** (↑♣) – Throw the ball as hard as you can into the ground. How many claps can you do before it hits the ground again?

**KEY:** ↑ = can be played by one person, ♣ = needs more than 1 player,  
♠ = some equipment needed, • = organisation required,  
♠ = can be played inside