



# Learning to Throw

## Parent/Caregiver Information

[www.cdhb.health.nz/patientinfo](http://www.cdhb.health.nz/patientinfo)



Throwing is a basic skill and becomes more complex when used within games and sports. It requires a certain level of upper body strength and coordination.

Throwing and catching go together but are different in terms of their movement. Throwing involves propelling an object away from the body and is a target skill.

### How to teach throwing a ball

- Break the task down into steps.
- Practise steps in slow motion so your child can plan where their body is and feel the movement. You can do this with your child, so they can copy your movements. Exaggerate the movement pattern so your child can see.
- You may need to do the sequence several times before throwing a ball.
- Have a go!
- Talk through how it went, and what needs to change to improve the throw (using the steps of the activity).
- Try again and practise.

This process can also be used to teach different throws, eg. underarm, netball chest pass, rugby pass, shooting into a hoop.

To throw over arm requires:

- Strength
- Speed



1. Front foot points forward (foot opposite to throwing arm). Body side on to the target.
2. Bring throwing arm back, bending elbow. Weight onto the back foot. Opposite hand pointing towards target.
3. Throw item. Follow through with the hand, straightening the elbow. Body weight moves to front foot and rotating body to face target.
4. Ball is released when elbow has nearly straightened and hand is in front of body. The direction of the release will depend on where the hand is pointing.

The quicker the arm is straightened, the faster the ball will travel.



## Ways to practise throwing

- Throwing using a variety of objects. Start with lighter and softer items especially if practising inside and build up, eg. beanbags, frisbees, quoits (rings), crumpled paper, soft toys, plastic containers, juggling balls, water balloons and scarves.
- Balls are more difficult to control than the above items. Consider the size, bounciness and weight as these features will affect the child's ability to throw and hit a target.
- Throw at different types of targets. These can be on the wall, on the floor and could be flat (mark on the ground), a hoop or a bucket. Reduce the size of the target to make the throw more challenging.
- Create a points system to hit different targets, eg. blue bucket is worth 2 points, the red bucket 3 points, etc.
- Throw to a partner. Increase the distance between the people as the throwing improves. You could ask which types of throw made it easy for your partner to catch?
- For extra difficulty, try throwing with your other hand, (it's also a good challenge for us to do!)
- Bounce passes to a partner or a target.

**Practise, Practise, Practise and make it**

**FUN!!**

