

# OVERHAND THROWING



## KEYS TO SUCCESS

**STAND SIDWAYS  
TO YOUR TARGET.**

**BRING YOUR THROWING ARM BACK  
WITH YOUR ELBOW AT SHOULDER HEIGHT.**

**STEP WITH YOUR OPPOSITE FOOT  
AS YOU THROW (YOUR ELBOW LEADS THE THROW).**

**ROTATE YOUR HIPS AND SPINE  
AS YOU THROW.**

**FOLLOW THROUGH TO YOUR  
TARGET.**