

Overarm Throw



Throwing involves releasing an object forcefully with the hands. The overhand or overarm throw is an important object control skill for future sport participation. It is used in sports such as baseball, softball, cricket and basketball and the same pattern is used to throw javelin, to serve in tennis and volleyball, and to perform an overhead clear in badminton (Adapted from the Fundamental Movement Skills Teacher Resource).

The overarm throw can be taught from a young age using this rhyme to teach progressions: Stand side on... “Make a muscle man; Point with your finger and toe, where you want it to go: Make a big arm circle; Step, and let it go!” strong arms, point and throw past your ear (Get, Set, Go Resource).

As the children get older the skill criteria becomes more in depth:

Preparation		Propulsion				Follow Through
Legs	Arms	Legs	Head and Trunk	Arms		Arms
1.Stands side on to direction of throw	2.Throwing arm moves in a downward and backward arc	3.Opposite foot to throwing arm steps forward	4.Hips then shoulders rotate forward	5.Elbow bends as throwing arm moves behind head	6.Forearm and hand lag behind upper arm	7.Throwing arm follows through across body

- It is important to develop a preferred throwing arm. It is not necessarily the hand the child writes with.
- Teach the overarm throw in a different lesson to catch. Children learn to catch large balls and throw a small ball.
- The non-throwing arm should be raised to balance the action. You may ask the child to point at a target or target area.
- The ball should be gripped with fingers like ‘rabbit ears’ or ‘Crocodile Teeth’.

Overarm Throw Activities (0-7 Year olds)

1. Use varied objects and throw at walls to focus on throw, not catch or retrieve. Beanbags and newspaper or material balls are better for lots of practise activities.

2. Can you throw the ball overarm...?

- As far as possible
- As hard as possible
- Up high/down low
- Forwards/backwards/sideways
- With both hands
- At a ground target (hoop, line, bin)
- At a wall/wall target
- Between cone/markers
- As soft/hard as you can
- As slowly/fast as you can
- Standing still/stepping forward

3. Targets - Use chalk to draw five different shaped targets onto posters and tape them to the wall. Make a throw line about three metres back (or closer if the children are struggling) from the target using a rope or masking tape:

- Demonstrate and ask the children to line up on the throw line and throw a beanbag or a soft ball at each target using an overarm throw
- Ask the children to stand sideways with one foot straddling each side of the rope. Make sure the foot opposite the throwing arm is in front of the rope and pointed at the target
- Have the non-throwing hand point to the target while the throwing hand prepares to reach back and throw the beanbag or soft ball overarm
- Remember to stress the cues “throw over the head hard” and “step with the opposite foot”

4. Overarm Throwing at a Target: Put a cone between 2 children and they overarm throw the bean bag to try and knock the cone down.

5. Sponge Fun: Draw a circle or a face on a wall. Take it in turns to overarm throw wet sponges at the ‘target’. Have some fun rubbing it out and drawing different ‘targets’.