

LEVEL: ON DECK

# ON DECK – THROWING

With a partner or coach standing in front of the player at 5 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the player be able to throw the distance.

Below are activities that can be used to prepare players for this skill:

## **ACTIVITY “HANDCUFFS” (7)**

[Click here](#) for video demonstration

**Description:** Athletes pair up with each other or with a coach. On signal, athletes take a proper grip on the ball.

**Equipment:** One ball for each pair

## **VARIATIONS AND PROGRESSION:**

- A. Athletes are seated, pick up the ball off the ground and show it to their partner
- B. Athletes are seated, throw the ball (2 feet high) and show it to a partner
- C. Athletes are seated, pick up the ball off the ground and throw it to their partner
- D. Athletes are seated, throw the ball (2 feet high) and throw it to their partner
- E. On two knees, pick up the ball off the ground and throw it to their partner
- F. Athletes are seated, throw the ball to their partner
- G. On two knees, throw the ball to their partner
- H. Standing up, throw the ball to their partner
- I. On their back, throw the ball to their partner

## **KEY POINTS**

- *Always put two or three fingers on the ball*
- *Hold the ball with the fingers and not in the palm of the hand*

