

LEVEL: DOUBLE

# DOUBLE – THROWING

Position an athlete 25 feet from a backstop or fence where a 4 x 4 foot target is hung. The thrower will have five attempts to throw three balls at the target.

Below is an activity which can be used to prepare for this skill.

## **ACTIVITY THE TARGET**

[Click here](#) for video demonstration

**Goal:** Execute a throw with precision and accuracy

**Description:** While using proper throwing technique (giant step, arm action, and grip), the athlete tries to successfully reach a target from an appropriate distance.

Athletes are placed in 2-3 lines and throw one after the other. A parent helper, located behind the fence, returns the balls to the next athlete in line.

**Equipment:** Balls, targets (examples: can filled with water, basketball hoop or bullseye)

## **VARIATIONS AND PROGRESSION:**

A. Change distance in relation to ability

## **KEY POINTS**

- *Proper grip*
- *Glove side foot forward when throwing*

