

THROWING

TECHNIQUE (With a glove or without a glove)

- Grip the ball with two fingers (the middle and forefinger) across the wide part of the seams with the thumb under the ball. Players with the smaller hands may have to use three fingers.
- Start the arm action by going down, then back to full extension with the fingers on top of the ball.



- As the arm comes forward, keep the elbow higher than the shoulder.
- Release the ball slightly above and in front of the head.
- Step forward on the foot opposite to the throwing arm. (i.e. a right-handed thrower would step onto the left foot)

