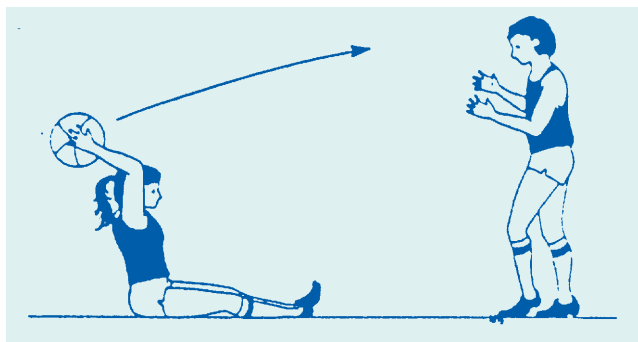


Resource material: Throwing activities

TWO-HANDED THROW WITH A BASKETBALL

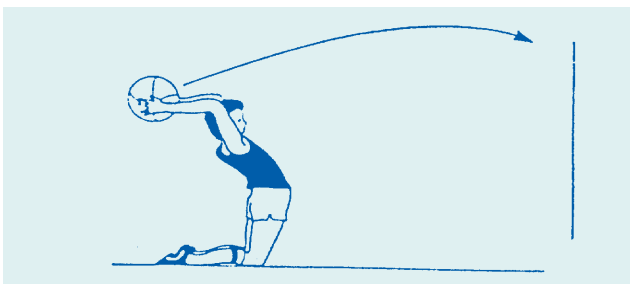
While sitting, the athlete uses both hands to throw a basketball from behind the head. This activity forces the thrower to lean back and pull the basketball vigorously over the head and helps the thrower to experience the stretch-pull action of the muscles of the chest and shoulders.



- Reach back as far as possible behind your head with the basketball.
- Without overbalancing backward, let your elbows drop back as far as possible.
- Pull the ball forward and throw it as far as possible.
- Flex your arms at the elbows and lead the pulling action with your elbows.
- Extend the throwing action as far in front of your head as possible.

TWO-HANDED BASKETBALL THROW FROM A KNEELING POSITION

This activity is similar to the previous drill except that the thrower is in a kneeling position. This drill simulates the pull of the javelin over the thrower's head.



- Tilt back to a position that you can comfortably control.
- Pull the ball forward as vigorously as possible.
- Contract your stomach muscles to help pull your chest forward.

TWO-LEGGED JUMP AND THROW

This practice is quite difficult and demands good co-ordination and quick explosive muscle actions. It simulates the pull on the javelin and in doing so strengthens the abdominal muscles. Novices should begin with a small jump and a push-throw from above the head. The action then progressively builds so that each performer jumps higher and throws the ball from behind the head rather than pushing it from in front.



LIFT, TURN, AND THROW

A lift, turn, and throw simulates the hip rotation that in the javelin throw. This drill should be performed slowly until the required actions are well learned. Thereafter, it can be made more vigorous and explosive.



- A right-handed thrower will turn the hips to the front by rotating the knees first in the same direction.
- Imagine a corkscrew action, with your knees turning to the front followed by your hips, chest, and arms.
- Practice the action slowly to begin with, and don't concern yourself with distance.
- As the action becomes more fluid, increase the distances.