



Overarm Throwing

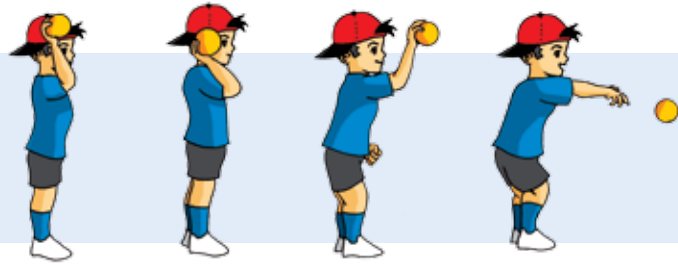
The overarm throw, also known as the overhand or overhead throw, is a skill most commonly used in sports for throwing far and for making quick accurate passes. Variations of the overarm throw are used in many athletic field events, in throwing and catching activities, and in ball games (e.g. basketball, netball).

Most children will not instinctively know how to throw overarm efficiently. To reach the mature phase of the skill, they need a variety of fun and engaging practice opportunities.

Developmental Phases

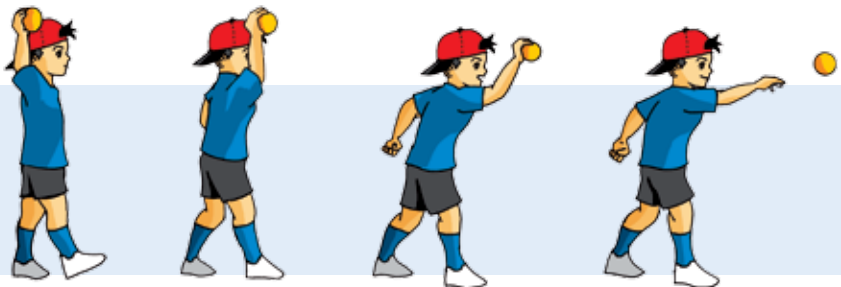
Overarm Throwing

Initial



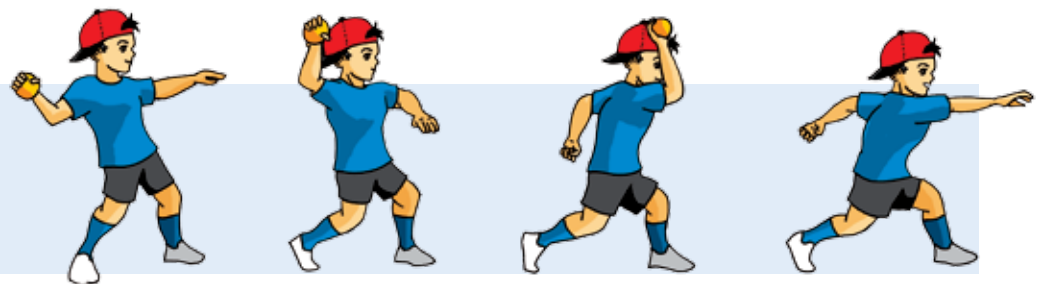
- Throw resembles a push. Movement is limited to the front of body and only the elbow is used to push the object.
- Fingers are spread out at the point of release.
- Body remains straight with little or no trunk-shoulder rotation.
- Legs are straight and stationary.

Transition



- During preparation, the throwing arm swings and brings the ball to head level.
- Body rotates slightly towards throwing side.
- Foot on the same side as throwing arm steps forward.
- During the throw, arm swings high over shoulder with body leaning forward.
- Throwing arm reaches forward and downward after ball is released.

Mature



- During preparation, throwing arm swings backward and upward.
- Elbow moves close to ear level, leading the throw.
- A forward step is taken with the foot opposite to the throwing arm.
- During the throw, body rotates to face forward and body weight transfers from back foot to front foot.
- Elbow straightens before release, with throwing arm reaching forward and downward in follow-through.

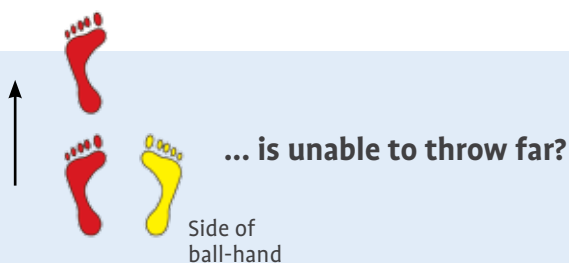
Approximate Age of Development (in years)

Initial	1	2	3	4	5	6	7	8	9	10
Transition	1	2	3	4	5	6	7	8	9	10
Mature	1	2	3	4	5	6	7	8	9	10

Teaching Strategies

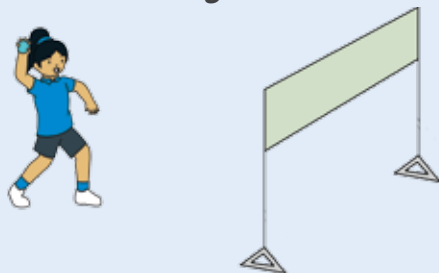
Overarm Throwing

What to do if your child...



- Place two footprint markers about shoulder width apart. Place a similarly-coloured marker in front of the foot opposite the throwing hand (ball-hand).
- Your child begins by standing on the pair of markers.
- Then, get your child to step forward with the foot opposite his throwing hand and throw the ball.

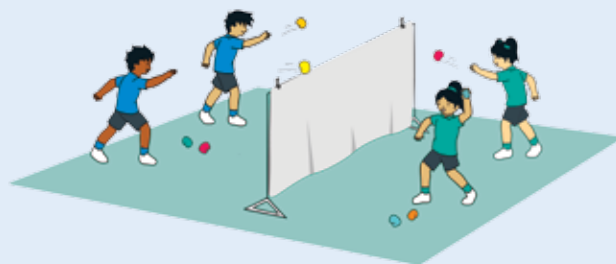
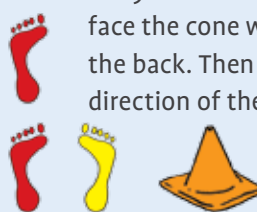
... is throwing too low?



- Set up a net about his height at a short distance away.
- Get your child to throw object over the line.
- Gradually move your child further away from net to increase the throw distance.

... is unable to throw with force?

- Place a cone in line with the footprint markers.
- Get your child to turn his belly button to face the cone when swinging his hand to the back. Then rotate his body to face the direction of the throw.



... needs to develop proficiency in the skill?

- Your child to engage in fun activities that allow him to practise overarm throwing without the need to hit targets.
- Focus on the distance of the throw, then speed, and lastly, precision of throw.

Variations

“Can your child throw an object overarm...?”

How the body moves	Force/Effort	Time	Flow
	<ul style="list-style-type: none"> • with/without a backswing • that is heavy/light • that is small/medium-sized 	<ul style="list-style-type: none"> • quickly/slowly • standing still/following a short run • continuously for 30 seconds 	<ul style="list-style-type: none"> • continuously as fast as he can • like a robot with heavy arms • standing on tiptoe like a flamingo
	<hr/>		
Where the body moves	Location	Direction/Pathways	Levels/Extensions
	<ul style="list-style-type: none"> • to the end of the room • near/far or low/high • to hit targets at different distances and heights 	<ul style="list-style-type: none"> • leaning forward/backward • to the left/right • over a net 	<ul style="list-style-type: none"> • at a low/medium/high level • straight towards a wall • upward to touch the clouds
With whom/What the body moves	Self (body parts)/People		Objects
	<ul style="list-style-type: none"> • using his left/right hand • keeping time with a group • when a signal to throw is given 		<ul style="list-style-type: none"> • such as a bean bag/quoit/hoop/towel • into the baskets/pails • at a target on the wall

COMBINATIONS

- Slowly without a backswing and standing on tiptoe on both feet
- To you standing in a hoop at a distance away, and then run to tag you before you pick up and release the object

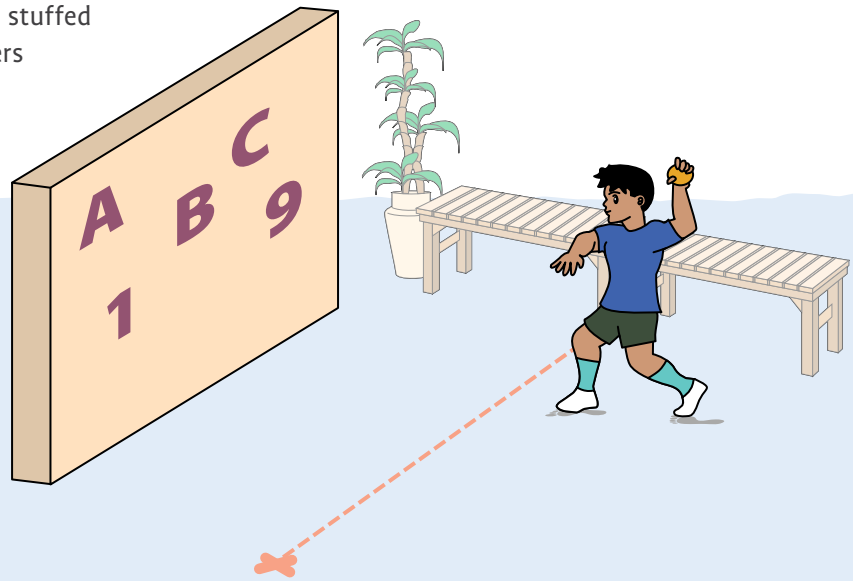
Activity 1

Overarm Throwing

OBJECT CONTROL SKILLS

WHAT YOU NEED

- Different targets, such as big numbers or letters
- Rope or tape, to mark a line on the floor
- Safe objects for throwing, such as balls, stuffed toys, erasers and small pillows or bolsters



HOW TO PLAY

- Stick different targets high up on a wall. This is to bring out the overarm action. Place a rope or tape in a line on the floor, about 10 steps away from the wall. Have your child stand behind this line. Get your child to toss various safe objects at the different targets on the wall.
- Specify a number or letter. Your child must aim at the corresponding target on the wall.



- Increase the throw distance by shifting the line further away from the wall.
- Challenge your child to achieve a goal such as complete hitting all the targets on the wall within 20 seconds.
- For older children, say a word. Your child must aim at the right targets on the wall to spell out the word.

BE AWARE

- Your child must select and aim at a specific target. His body should face the direction of the throw.
- Use cut-out footprints to prompt your child to step forward with his foot on his non-throwing side. This will help his body rotate in the direction of the throw, and allow him to transfer his body weight between his front and back feet.

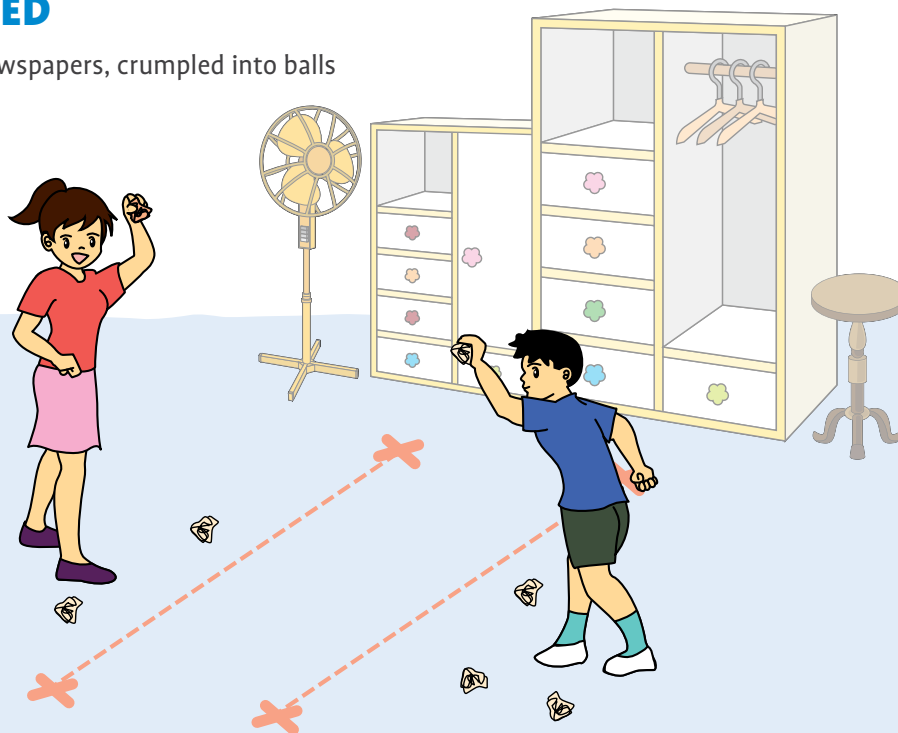
Activity 2

Overarm Throwing

OBJECT CONTROL SKILLS

WHAT YOU NEED

- Recycled papers or newspapers, crumpled into balls



HOW TO PLAY

- Help your child explore different ways of throwing a “ball”.

Ways to throw a ball

- Over the shoulder
- Under the leg
- Toss while standing, catch on sitting



- With five “balls” on each side, stand 10 steps from each other. Try hitting each other’s toes with your respective “balls” without moving around.



- Increase the challenge by allowing movement. Both parent and child can move around without going into the centre zone. Child has to aim, throw and avoid being hit – all at once!

BE AWARE

- Stand a distance away from each other. When throwing, aim at each other’s toes. This will ensure elbows are raised to ear level, necessary for the overarm-throwing action.