

FIELDING SKILL 1 - INTRODUCTION TO OVERARM THROWING

An effective method of developing an efficient overarm throwing technique involves isolating the key components of the throw and 'chaining' from the release position backwards.

The practice illustrated here may be performed either in pairs or by individuals throwing against a wall.

STAGE 1 - WRIST FLICK:

In a cross-legged, seated position, facing the target (no more than 3 metres away) the wrist of the throwing hand is supported by the non-throwing hand. The ball is bounced towards the target, using a 'flick' of the wrist and fingers.



STAGE 2 - ELBOW FLICK:

From a similar seated position (now approximately 5 metres from the target), the throwing arm is supported just above the elbow with the non-throwing hand. The ball is bounced towards the target using a 'flick' of the elbow, wrist and fingers.



STAGE 3 - UPPER BODY ROTATION:

Kneeling on the back (throwing) knee the ball is thrown directly to a target, which should be no further than 10 metres away. It is important that the elbow is at or above shoulder level at release and that on completion of the follow-through the throwing shoulder should point towards the target. The **emphasis should remain on accurate technique and smooth movement rather than power** at this stage.



From this kneeling position, the throwing technique may then be developed as illustrated overleaf and may be linked to the CROW HOP (see page 1.19).

FIELDING SKILL 1 - THROWING

The ability to throw with **accuracy** and **power** is important for any fielder. The method illustrated is efficient, effective and **safe**.

Correct throwing technique should be observed in all fielding practices which involve throwing.

SIDE VIEW

FRONT VIEW

Fig.1 **Grip:** hold ball comfortably **across seam**.

Thumb underneath. Grip should be established as the fielder balances and prepares to throw.



Fig.2 Fix eyes on target. Back foot 90° to intended direction of throw. **Long, straight stride** establishes firm base. Elbow of front arm aligned with target as throwing hand is drawn back smoothly, thumb turned down & towards body. Thumb turns up at apex of backswing, wrist cocked.



Fig.3 Hips then shoulders begin to rotate. Eyes fixed on target. Front arm pulled in and upper body 'uncoils'. **N.B.** At the **point of release** the **elbow should remain level with or above the shoulder**. The ball should be thrown from a low position with a bent front leg.



Fig.4 As chest faces target throwing arm 'strikes' (elbow first) Eyes remain fixed on target. Fingers remain behind the ball to create backspin. **N.B.** **Trailing leg must not pull through until after the ball is released.**



Fig.5 Upper body completes half turn (180°). Eyes remain on target. The non-throwing arm drives through and is thrown out behind. Throwing arm follows through across the body. Back leg drives through and round.

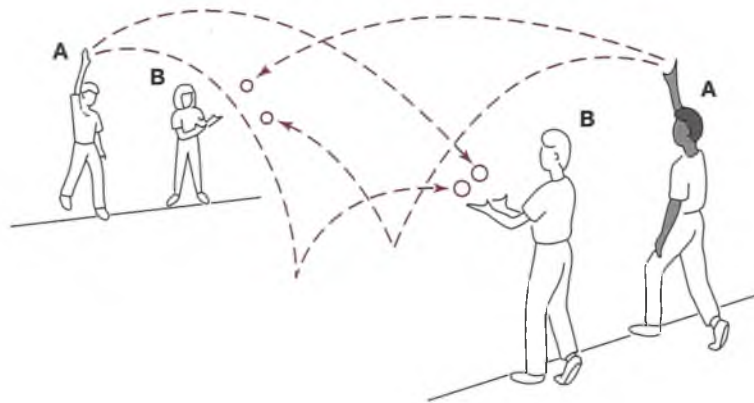


FIELDING SKILL ACTIVITIES - THROWING

ACTIVITY 1 - PARTNER THROWING

Organisation: Divide the group into pairs. If distance sufficient, A throws to B, who catches and throws back. If space is restricted i.e. indoors, ball must be thrown down, to bounce between fielders.

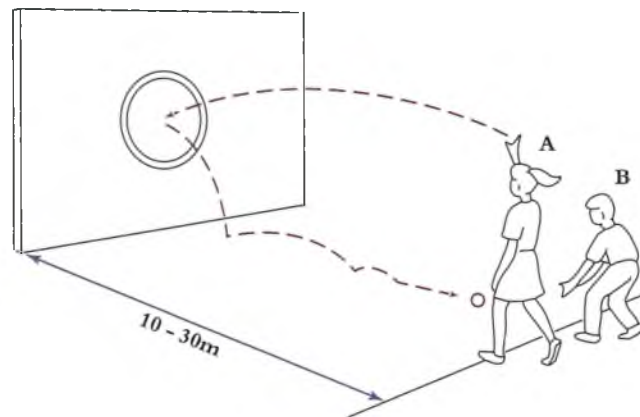
Equipment: 1 tennis ball per pair.



ACTIVITY 2 - TARGET REBOUND THROWING

Organisation: A establishes throwing position and throws at target circle. B collects rebound, returns to A who repeats. A and B swap roles. Each player has 10 attempts. The winner is the one who hits the target the most.

Equipment: 1 tennis ball per pair. Suitable rebound surface e.g. wall. Chalk or suitable target.



ACTIVITY 3 - COCONUT SHY

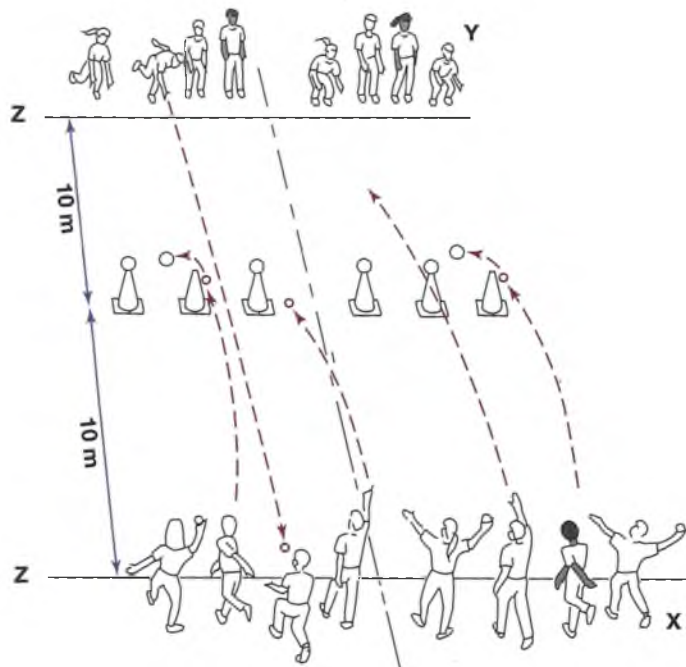
Organisation: Divide the group into 2. Each group splits into throwers (X) and fielders (Y). On command throwers at X throw their balls at target balls placed on cones, trying to knock off all the balls in their court.

Fielders return balls along the ground. First to knock off all the balls are the winners. Change roles and re-run activity.

Safety note: fielders and throwers must not encroach beyond the safety line at Z.

Equipment: 3 cones/mounds with football or basketball per team.

1 tennis ball for each thrower in the teams. Chalk markings.



FIELDING SKILL ACTIVITIES - THROWING

ACTIVITY 4 - 'MOVE THE BALL' GAME

Objective: To score goals by throwing small balls at the large ball. A goal is scored when the large ball crosses the opposition goal line.

Organisation: Divide the group into 2 teams.

On command, all throw small balls overarm at the large ball. Players stay behind their throwing lines.

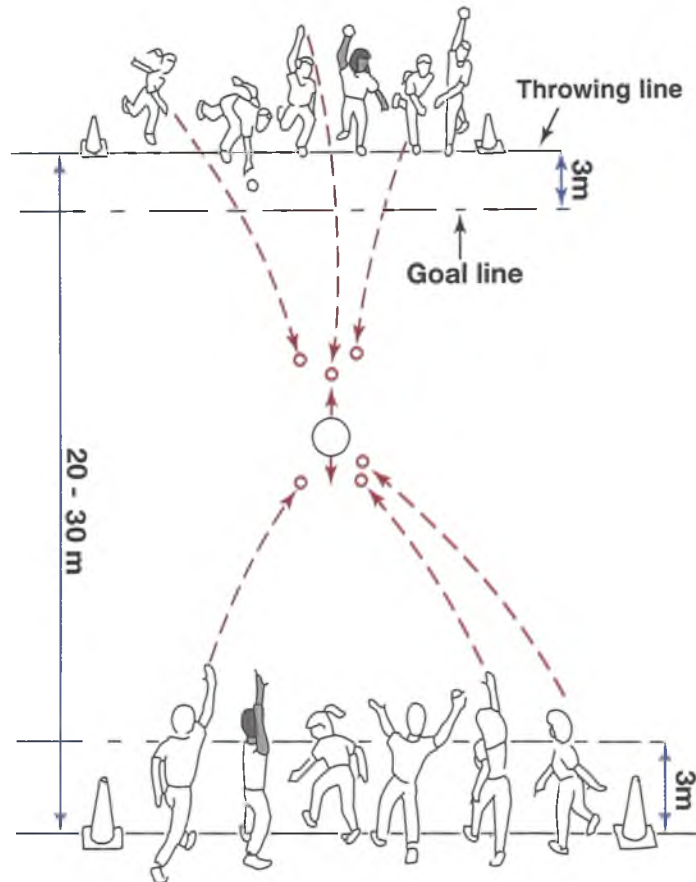
Balls are fielded; they can be collected from in front of the goal line but not thrown from there (infringement of rule results in penalty i.e. each player has 1 throw before the infringing side can throw again).

When a goal is scored the ball is replaced in the centre. Game lasts for 10-15 minutes.

Winners are the ones who score the most goals.

Equipment: 4 cones. 1 large ball (sponge football).

1 tennis ball per player.



ACTIVITY 5 - THROWING LINE RELAY

Organisation: Divide group into teams of 4-6 players and arrange them in straight lines. Each player has a foot on a marker cone. Fielder at head of line throws to next player, who catches and turns to throw to next player and so on until the last player has the ball. The process is then reversed until the ball is back with the first player. The winning side is the one which completes 2 complete relays first.

N.B. Players must have one foot in contact with the marker cone when catching and throwing the ball.

Equipment: 1 ball per team. 1 marker cone for each player

