LEVEL 2

THROWING - 2-HANDED UNDERARM THROW

— HURLING / FOOTBALL

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This exercise to develop throwing skills is generally suitable for players of 4-6 years

Organisation

- The players stand, feet astride, and throw various objects from between the legs using a two-handed technique
- Use Bean Bags, Balls of various sizes and soft and hard balls

Key Points

- Bend the back
- Keep the head down until the throw is completed

Equipment

- An inventory of equipment to support Have a Ball exercises is available in the Resources section

Notes