LEVEL 2

THROWING - 1-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

- Throw a variety of Bean Bags, Balls of various sizes and soft and hard balls
- When throwing with the right hand step forward with the left foot for balance and vice versa

Key Points

- Ensure the players have enough room to perform the exercise safely
- Eyes on the target

Equipment

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

Notes