LEVEL 2

THROWING - 2-HANDED OVERARM THROW

— HURLING / FOOTBALL

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

Organisation

- Using two hands the player holds the bag or ball above and behind the head
- Stepping forward with one foot keep the elbows high
- Throw the bag or ball as far as possible

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