LEVEL 3

THROWING - SHOT PUTT THROW

— HURLING / FOOTBALL

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This exercise aids development of an alternative throwing skill, the shot putt throw

Organisation

- Hold the bean bag or ball in one hand under the chin with the fingers behind the bag or ball
- Step forward with the opposite leg and push forward to throw the bag or ball as far as possible

Key Points

- Ensure the players have enough room to perform the exercise safely
- Step forward with the foot on the opposite side to provide balance

Equipment

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

Notes