

LEVEL 3

# THROWING - MEDICINE BALL EXERCISES

— HURLING / FOOTBALL



**A heavier ball or a light medicine ball is ideal for developing throwing skills as it focuses the player on their technique**

**Organisation**

- Sit with legs astride; throw the ball using a two-handed overarm throw
- In the kneeling position/on one knee; using a two-handed underarm throw, throw from one side and then the other
- In a standing position use a two-handed underhand technique with the legs astride
- Progress to a basketball type throw from the front of the chest; then a two-handed overhand throw
- In a lying position, sit up and use a basketball throw
- In a lying position, sit up and use a two-handed overhand throw

Notes

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- Introduce targets such as a hoop to improve the accuracy of the throw

### ***Key Points***

- Use a medicine ball of suitable weight and size
- Ensure the players have enough room to perform the exercise safely
- Focus on technique

### ***Equipment***

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