

LEVEL 3

THROWING - SLING THROW

— HURLING / FOOTBALL



A sling throw is another type of throwing action, used when throwing the discus in athletics

Organisation

- With a straight arm the ball or throwing object is held out to the side and back from the body
- Leading with the opposite foot swing the arm around using the body, before releasing the ball

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
