

Lesson 2 – Overhand Throwing

Purpose:

- To introduce overhand throwing.

Skill Development Outcomes:

- To be able to demonstrate ways to send and receive, aim and project a softball with increasing speed and accuracy.
- To be able to demonstrate body and space awareness when performing game activities.

▷ See Chapter 2.

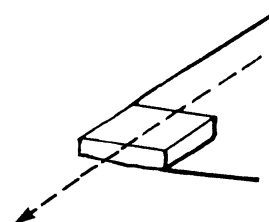
Equipment:

- softballs (one per participant)
- gloves (one per participant)
- bases (two) or alternatives
- bat

Warm-Up

Home to First Base Running

1. Participants stand behind home plate, swing bat, drop bat and sprint towards first base (13.7m).
2. The next participant waits until the runner in front is two-thirds to the base before starting.
3. Each participant should run three times.



Tips

- touch front of the base with either foot
- run straight through the base with even strides
- try not to take a big stride to reach the base
- do not slow down until having passed the base

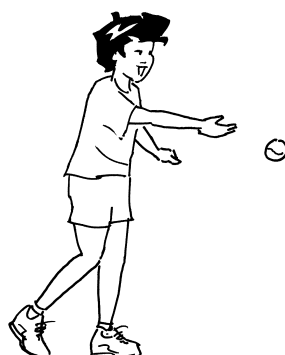
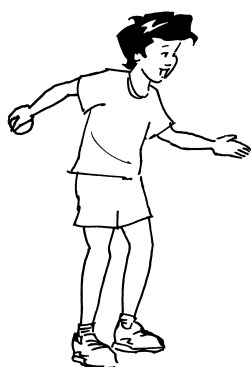
Shoulder Stretch

1. Place left arm across chest, bending slightly at elbow.
2. Keep shoulders down.
3. Push with right hand near elbow and hold for a count of 15.
4. Repeat with right arm.



Skill Lesson

1. Review Underhand Throwing



SKILL CUES

Underhand Throwing

1. Face target.
2. Grip ball.
3. Swing arm back.
4. Step forward.
5. Bring arm forward.
6. Release.

2. Review Catching



SKILL CUES

Catching

1. Provide a target.
2. Watch ball.
3. Catch in pocket of glove.
4. Cover ball with throwing hand.

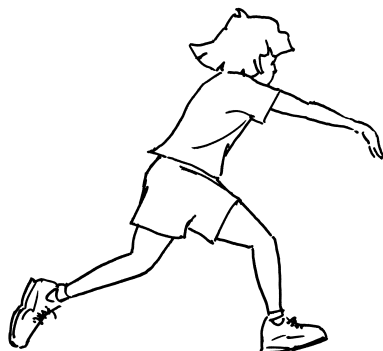
3. Overhand Throwing

Skill Breakdown:

- Stand with feet shoulder-width apart, non-throwing shoulder towards target.
- Grip ball with middle and forefinger across the seams, thumb under ball.
- Bring throwing arm up and back to full extension, wrist under ball.
- Step forward with non-throwing foot.
- Keep elbow higher than shoulder as arm comes forward.
- Release ball slightly above and forward of the head.
- Follow through toward target.
- Bend at hips.

Tips

- players with smaller hands may need to grip ball with middle three fingers across the seams



SKILL CUES

Overhand Throwing

1. Face non-throwing shoulder towards target.
2. Grip ball.
3. Bring arm back.
4. Step forward.
5. Bring arm forward.
6. Release.

Activity Throwing with Partner Progression

- Demonstrate overhand throwing.
- In pairs, with gloves, stand 3m apart.
- Kneel on ground.
- Throw from both knees to partner on knees practicing proper arm technique.
- Throw from one knee (non-throwing knee up).

Tips

- use one stride per metre
- use partner's chest as target
- with success move back 1m

Activity Long Toss

- In pairs, with gloves, stand 5m apart.
- Throw toward target (partner's chest).
- After 20 throws, move back 1m and repeat.

Tips

- long tosses increase arm strength, however, increase distance over time to improve accuracy and to prevent arm soreness from trying too much too soon

Activity Throwing Relay

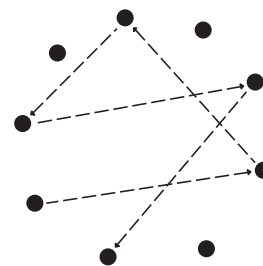
- Create four groups of 5-6.
- Space players evenly from home plate to the outfield.
- Start the ball at home and throw from player to player to the fence and back.
- Encourage successful throws and catches in a row.
- Try again and get the last players to sprint to the front of their row and everyone moves one spot.

Sporting Spirit
Shaking hands with the other team after the game demonstrates respect and appreciation for the game and each other.

Concluding Activity

Twenty-Five Throws

1. Create circles of 5-10 and face in.
2. On signal, participant with ball throws overhand to a teammate not directly beside him/her.
3. Complete 25 throws and catches in a row before another group does.
4. Start over if the ball is dropped.



Twenty-Five Throws

Leader Ball

1. Create equal teams of 4-8 in a single line facing a "leader" 2m away.
2. On signal, leader throws the ball overhand to first teammate in line who catches and throws it back.
3. The leader throws to each successive participant. If the ball is dropped, start over with the first participant and switch leaders.
4. Keep track of how long it takes to go through the line – repeat and improve the time.

Tips

- rotate participants after each game until everyone has been the leader
- space participants farther apart as ability increases

Cool-Down

Arm Stretch

1. In pairs, partner A stands stretching arms out behind back.
2. Partner B stands behind A and holds A's arms.
3. B stretches arms slowly up and in until A instructs to stop.
4. Hold for count of 10.
5. Switch.

COOL DOWN CHAT

Eat healthy snacks throughout the day such as fruits, raw veggies, or dry cereals to energize your body.

Diversity

Avoid rules that single out an individual such as "a girl must touch the ball before an out can be made" – this assumes all individuals of one race, ability or gender need extra help (Moving to Inclusion, 1994). Instead state "four players must touch the ball before an out can be made".