

Subject Knowledge Card – Throwing Technique

Setting Up

- Line up side-on with target
- 'Crow hop' or take some running steps
- Throw with weight on front foot



Accuracy

- Aim at a specific target rather than a whole body
- Use non-throwing arm to line up a shot
- Focus on the target throughout the throw and follow-through motion



Power

- Throw with a high elbow (above shoulder)
- Use explosive hip & torso rotation to add power
- Follow-through with body weight to add power
- Throwing hand should finish in 'opposite pocket'



BRITISH
DODGEBALL