

THROWING - ADVANCED

Equipment

10 pylons, jump ropes, hula hoops, up to 6 mats, 16 bean bags, 6 index cards, a marker, 1 dodge ball per team, checklist, pen/pencil

Safety Issues

To prevent injury, kids should stay a safe distance of at least 3 feet behind the thrower. Also, kids should only throw and retrieve the balls on instructor commands. To minimize risk, only one throw should be made at a time.

Objectives

At the end of the lesson plan, kids will:

1. Understand why delivery is important to throwing
2. Demonstrate throwing using the power position

Standards

To view the physical education standards that may apply to this lesson plan, you can directly access the state board of education websites by clicking on each of the following states: [California](#), [Florida](#), [Georgia](#), [Illinois](#), [Michigan](#), [North Carolina](#), [New Jersey](#), [New York](#), [Pennsylvania](#), [Texas](#), and [Virginia](#).

Introduction

In the last two throwing lessons, we focused on grip and approach. Now we are going to take a look at delivery, specifically how you build momentum and recovery.

Q: Who knows what momentum is?

A: Momentum is the amount of motion on an object.

Q: The more momentum an object has, the longer it will take to reach the ground. Why is this good when throwing for distance?

A: The longer the throwing object is in the air, the farther it can go before it lands.

In today's lesson, we are going to learn:

1. Why delivery is important to throwing
2. The power position

Warm Up

Bounce Pass Warm Up

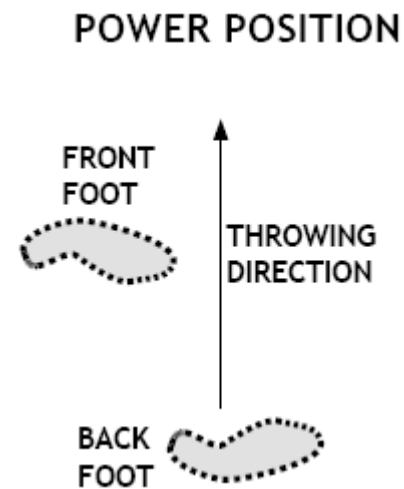
1. Divide kids into small teams.
2. Instruct kids to line up single file in their teams facing a wall, approximately 10 feet apart.
3. Provide each team with a rubber dodge ball; the first person in line should have the ball.
4. On the instructor's command, the first kid in line should throw the ball against the wall and run to the end of the line.



5. The second kid in line has to catch the ball off of the bounce and throw the ball back against the wall.
6. Repeat until each team has gone through 2 rotations.

Skills

1. Delivery is important to throwing because it's when you finally get to throw the ball. Often we think of throwing as something you do only with your arms, but in our previous lessons, we've talked a little bit about our legs and hips. Today, we are going to focus specifically on the power position. The power position is a way of throwing in which you use your weight and legs to help you accelerate the ball.
2. The power position has several key features:
 - a. Throwing arm – Throwing arm comes back, straight behind body.
 - b. Pull – Pull the ball forward, don't throw.
 - c. Non-throwing arm – Free arm starts straight in front of body.
 - d. Transfer body weight – As arm comes forward, weight transfers from the back to front.
 - e. Tall body position – Finish tall and controlled.



Drill

Distance Throwing Drill

1. Divide students into small teams.
2. Have each team line up single file behind the throwing line, across the width of the playing area.
3. The first student in line should take two to three steps back from the throwing line, while the rest of the kids should stand at least 3 feet back from the thrower.
4. On the instructor's command, the kids should throw the bean bags using the standing power position.
5. When the thrower has used both of their bean bags, they must return to the end of the line.
6. The next student in line must retrieve the thrown bean bags and return to the throwing line to become the next thrower.
7. Repeat for a second rotation, using a one step approach.

FUNDamental

Softball Throw Race

1. Divide the kids into 2 teams and count off within each team.
2. Instruct the first player from each team to use proper throwing techniques to throw the ball into the target area between pylons.
3. The first thrower throws for the area between the first and second pylons; the second thrower throws for the area between the second and third pylons; and so on.

4. Instruct the kids to take turns throwing until the target area is hit (throws count for where the ball initially lands).
5. Continue game until a thrower successfully reaches the farthest distance.
6. When all teams are out of softballs, the kids should sprint to the field and retrieve them at the instructor's direction.
7. The first team to successfully reach the last zone wins.

Cool Down

The Training Circuit

1. Divide the kids into small teams.
2. Each team should start the circuit at a different activity station.
3. Every 15 – 30 seconds, the kids should rotate clockwise through the activity stations.
4. The team with the best form wins.

Conclusion

Q: What are some things you can do to be a better thrower?

A: Keep throwing arm back, pull the ball forward, keep non-throwing arm in front, transfer body weight forward, and finish with a tall body position.

Q: How are you going to use your new throwing abilities in other sports?

A: Basketball – pass to other players; Softball and Baseball – throw to other players, etc.

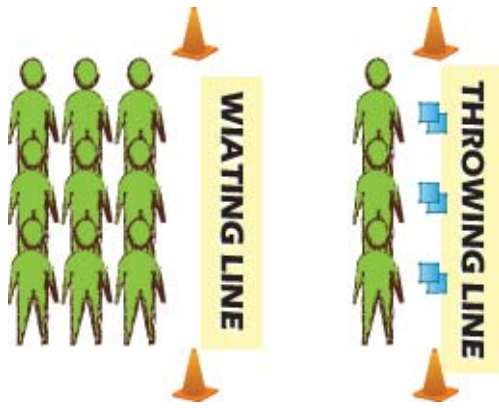
Assessment

Checklist

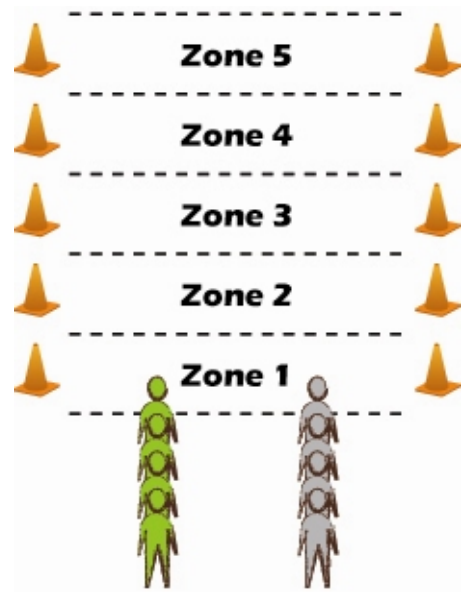
1. Throwing arm back
2. Pull the ball forward
3. Non-throwing arm in front
4. Transfer body weight
5. Tall body position



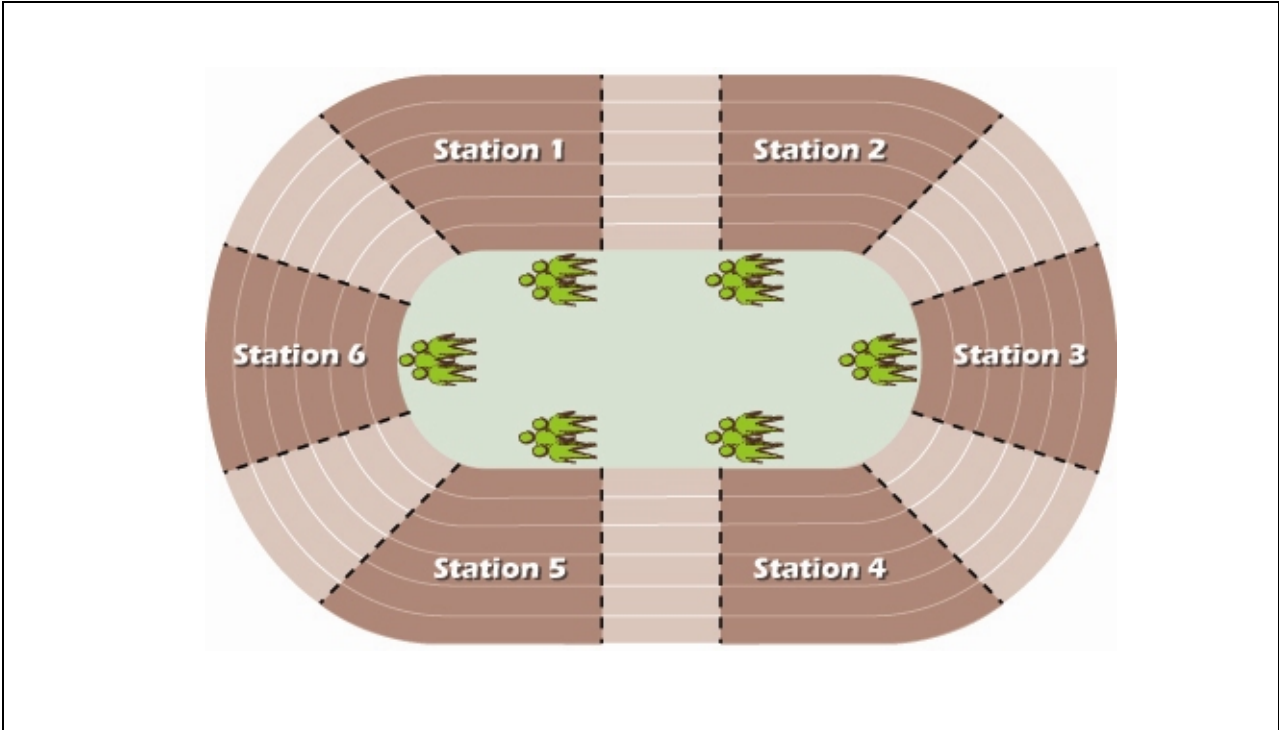
Set Up Diagrams
Distance Throwing Drill



Softball Throw Race FUNDamental



The Training Circuit Cool Down





Throwing – Advanced Checklist						
Group _____			Date _____			
Name	Throwing Arm Back	Pull Ball Forward	Non-throwing Arm	Transfer Body Weight	Tall Body Position	Total
1.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
2.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
3.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
4.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
5.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
6.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
7.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
8.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
9.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
10.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
11.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
12.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
13.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
14.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
15.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
16.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
17.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
18.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
19.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
20.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
21.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
22.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
23.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
24.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
25.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
26.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
27.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
28.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
29.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
30.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
Group Average	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	

Score	Behavioral Measure	Group Areas of Improvement
3	Performs cue correctly all of the time	
2	Performs cue correctly most of the time	
1	Performs cue incorrectly most of the time	
0	Performs cue incorrectly all of the time	

HERSHEY'S
FASTTRACK
TO SPORTS

