



Throwing

at Home!

Equipment

Use an appropriate ball for throwing activities to teach your child the proper form of an overhand and underhand throw. We recommend and use the Koosh Ball in the Start Smart Baseball at Home program because it was proven to be a good motor skill development tool.

Skills

To focus on distance, have your child:

- Throw a ball at a large target such as a wall.
- Throw a ball beyond a marked line.

To focus on accuracy, have your child:

- Throw a ball into a hula hoop (or marked circle) on the ground.
- Throw a ball at a hula hoop (or taped circle) on a wall.
- Throw a ball at milk jugs or soft drink containers on a table or bench.

Overhand Throw



- Stand sideways to the target.
- Hand and arm way back.
- Big step toward target with opposite foot.



- Shoulder first, then elbow, forearm, and hand forward.
- Bellybutton to the target as the child throws.
- Throw as hard as you can!

Underhand Throw



- Face the target.
- Hand and arm way back behind the child's body.
- Big step toward target with opposite foot.



- Swing arm and ball down and forward.
- Shift weight forward.
- Release ball in front of body.