

overhand throw

Thrower's Name _____

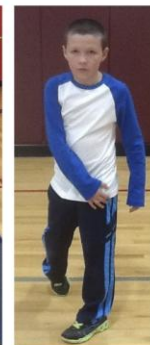
Challenge Coach's Name _____

Watch 3 throws and give encouraging, helpful and specific feedback. Put an X in the box if they showed that part of the skill.

Throw 1

Throw 2

Throw 3



Shoulder
to the
target

Swinging
"T"
Rock It

Step,
show
your "L"

Reach and
twist to
the
pocket

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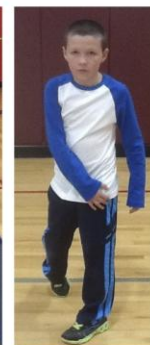
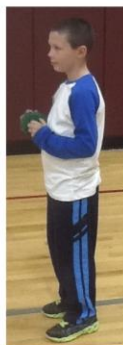
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