

Skill: Throwing

Visual Description: Student will stand in athletic stance, perpendicular to their partner. The football will be in the middle of the chest with both hands on the ball. The throwing hand will have the appropriate throwing grip. Student will take a small step with non-throwing foot break arms with equal angles, releasing the ball right after the highest point in the arm rotation.

Movement Sequence

- 1) Athletic stance*
- 2) Grip, ball in center of chest
- 3) Break arms with equal angles*
- 4) Step with lead foot*
- 5) Rotate the hips
- 6) Chest should go toward lead arm
- 7) Head stays centered
- 8) Follow through*

Movement Cues

- 1) stance
- 2) Grip
- 3) Break
- 4) Step
- 5) Rotate
- 6) Chest toward
arm
- 7) Head centered
- 8) Follow through

Task Complexity

Learner: Novice

Skill: Discrete

Environment: Closed

