



## Throwing: Power And Accuracy Throw

### Equipment:

Rip'n'grip board and balls, marker tape, speed radar.

### Set-up:

Mark a line 10 paces from the rip'n'grip board and place the balls at the line. Have the speed radar set up next to the rip'n'grip board.

### Description:

This exercise will help develop better weight shift, rotation speed of the body, co-ordination and balance. The students will be throwing the balls as hard and accurately as possible to hit the rip'n'grip board and record a fast speed on the radar.

### Instructions:

Students will throw the balls at the board with power and accuracy. The aim for the students is to record the highest speed on the radar, but for the speed to be valid the ball must hit the rip'n'grip board. The students cannot cross the throwing line. Any throwing technique can be used and coach can advise on how to generate more power and accuracy in throw.

### Scoring:

The student that throws with the fastest speed will score a 3. The runner-up will score a 4, all others in the group will score a 5.

