

Overarm throw

Watch a partner throw and spot the teaching points.



MATCH DAY

OBSERVER _____ PERFORMER _____ CLASS _____

LEARNING GOAL

Watch a throw closely and help a partner improve.

SUCCESS CRITERIA

- ☐ I can name the five teaching points.
- ☐ I can spot each point in a partner's throw.
- ☐ I can give one clear tip to improve it.

1 Three phases of the throw

1ST HALF

The numbers match the checklist below. Pictures show a right-handed thrower.

Preparation Side-on, opposite foot forward, elbow high.	Action Turn to face the target. Arm over the top.	Recovery Follow through to the target. Weight forward.
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2 Watch three throws

2ND HALF

Stand to the side of your partner. After each throw, circle Yes or Not yet for every point.

TEACHING POINT	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3
① Stand side-on to the target.	Yes Not yet	Yes Not yet	Yes Not yet
② Step forward with the opposite foot to your throwing arm.	Yes Not yet	Yes Not yet	Yes Not yet
③ Take your throwing arm back with the elbow high.	Yes Not yet	Yes Not yet	Yes Not yet
④ Turn your hips and shoulders to face the target.	Yes Not yet	Yes Not yet	Yes Not yet
⑤ Release the ball high and follow through towards the target.	Yes Not yet	Yes Not yet	Yes Not yet

Safety first: warm up first. Use soft balls or beanbags. Throw only when the area in front of you is clear. Work at your own level; stop if anything hurts and tell your teacher.

Coach's feedback

OBSERVER _____ PERFORMER _____

3 Final score

FULL TIME

YES COUNT

ATTEMPT 1

/ 5

ATTEMPT 2

/ 5

ATTEMPT 3

/ 5

Count the Yes circles on page 1 for each attempt.

Did the score go up, stay the same or go down?

up

same

down

4 Give feedback

OBSERVER

Be kind, be specific, be helpful. Use the teaching point words from page 1.

★ What went well

You were great at ...

🎯 One teaching point to work on

CIRCLE ONE

1

2

3

4

5

Next time, try to ...

5 Pick a practice drill

TRAINING

Circle the drill that will help your partner most. Use soft balls or beanbags.

Wall target

Throw at a target on a wall from 5 big steps away. Collect the ball and repeat 5 times.

A

Say it, throw it

Say "side, step, elbow, turn, follow" as you throw slowly. Then throw at normal speed.

B

Hoop ladder

Lay hoops 3, 5 and 7 big steps away. Land a beanbag in each hoop in turn.

C

6 Performer's reflection

THROWER WRITES

Which teaching point felt easiest?

How confident is my overarm throw?

☐ Not yet☒ Getting there☒ Got it

ENCORE

Move the target two big steps back. Can you still show all five points?