

THE MASCOT CHALLENGE COACHING TIPS



WEEK 2 THROWING

TIP

1

Try and stand side on to your target when throwing.

TIP

2

Your arm should nearly straighten behind you before you throw it.

TIP

3

Step towards your target with your front foot when you throw.

TIP

4

Finish with your throwing arm down and across your body.

TIP

5

Try to move your hands with the ball so the ball makes the least amount of noise as possible when you catch it. Relax your hands when you catch the ball.



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