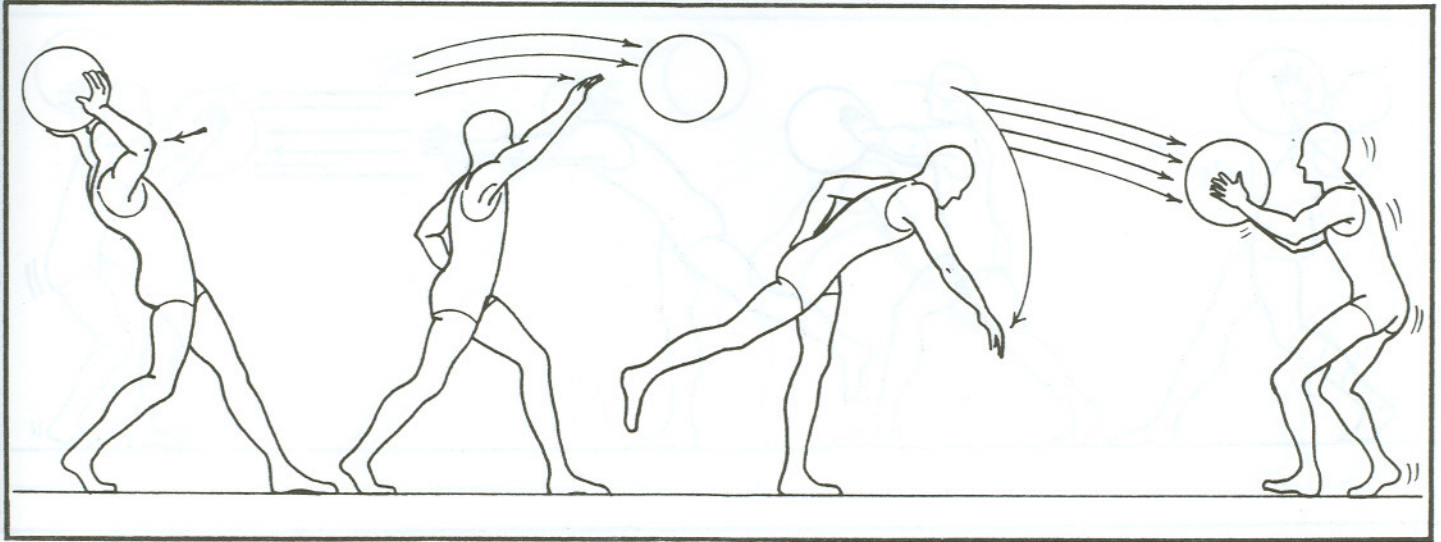


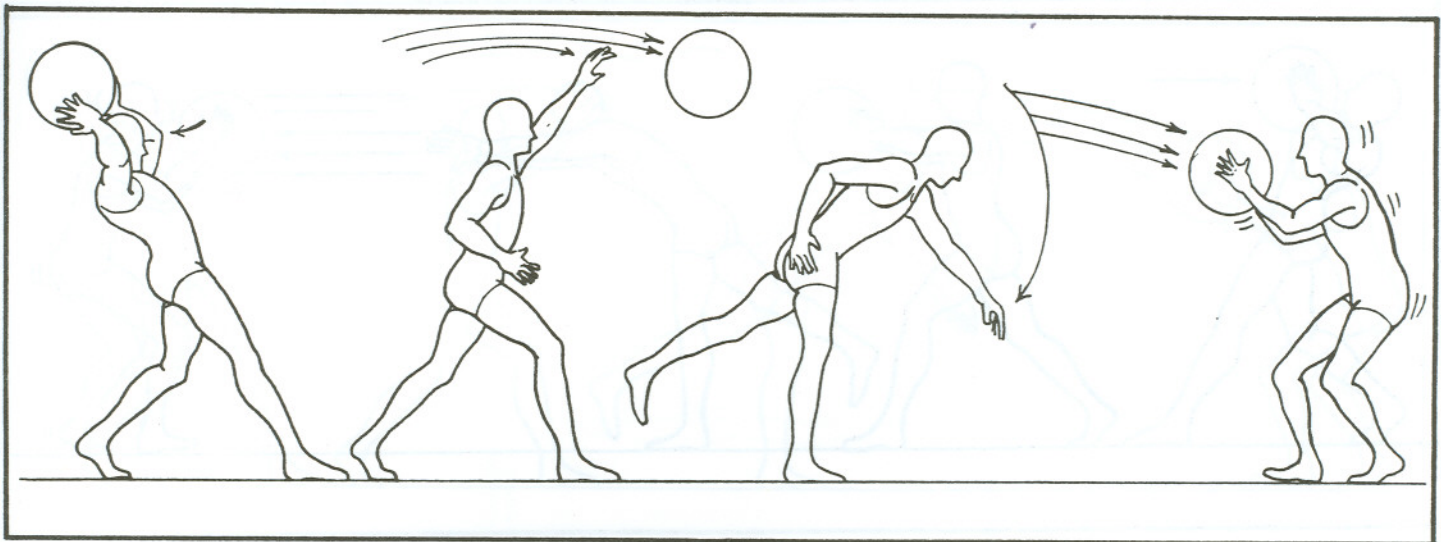
# One-Arm Overhead



Catcher initiates the action by tossing the ball above the head...

...Keep the throwing elbow pointed forward...

... release the ball explosively and accurately...



Step heel-and-toe to trigger the throw...

...Initiate the throw with the shoulders behind the hips...

**Do:** Perform One-Arm Overhead unilaterally or alternating; use a three step pattern to establish an alternating locomotion rhythm. Use the catcher's forehead as the target. The catcher should return the ball above the thrower's head while moving backwards in rhythm with the throw.

**Don't:** Throw the ball before the heel of the lead foot touches down. Stop or hesitate forward motion during or after the throw.