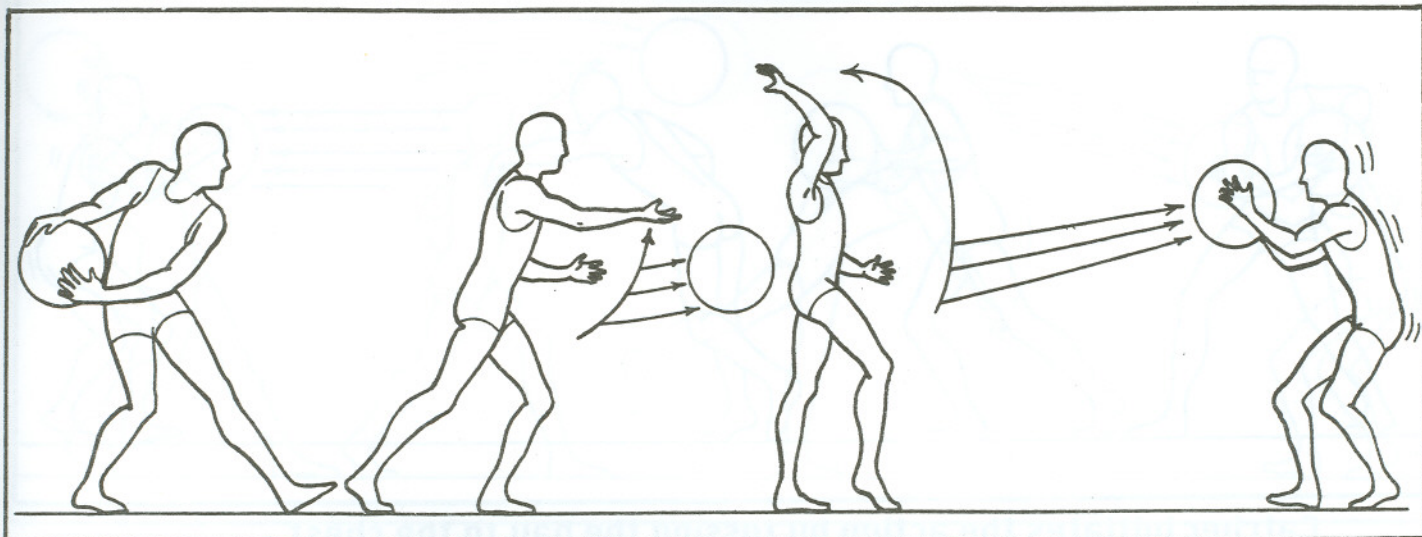


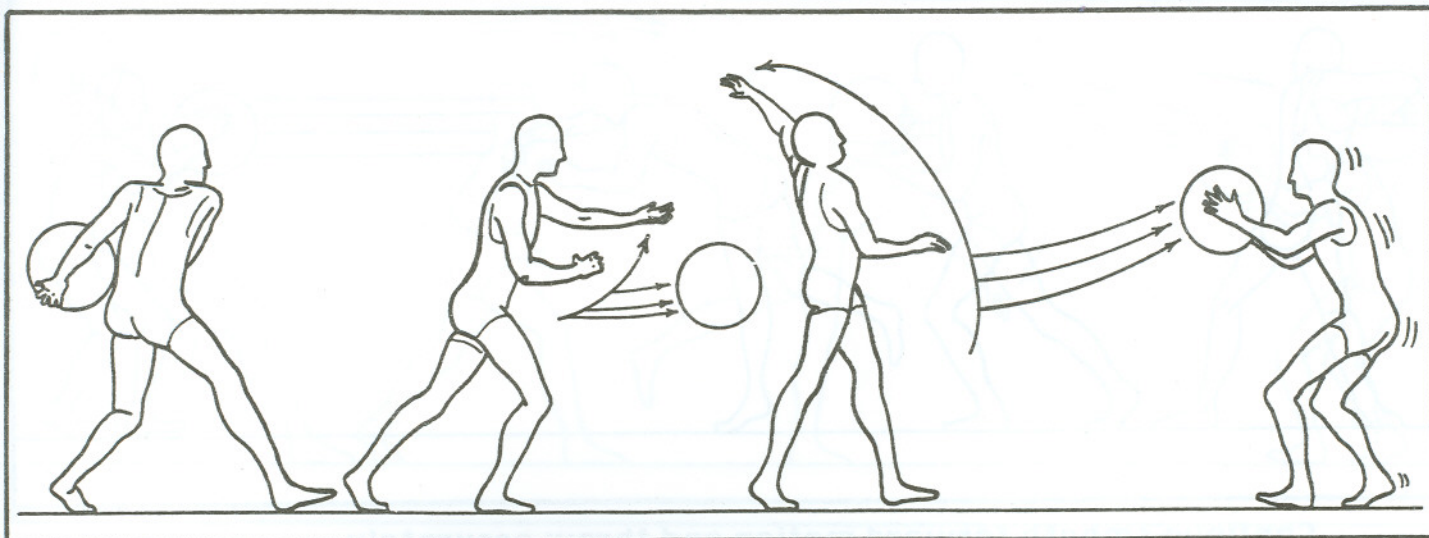
# One-Arm Underhand



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

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

...finish with the chest up and arm high overhead...



Do not stop or hesitate, maintain a constant forward motion...

...finish tall, follow-through, and be ready for the return toss...

**Do:** Perform One-Arm Underhand unilaterally or alternating; use a three step pattern to establish an alternating locomotion rhythm. 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.