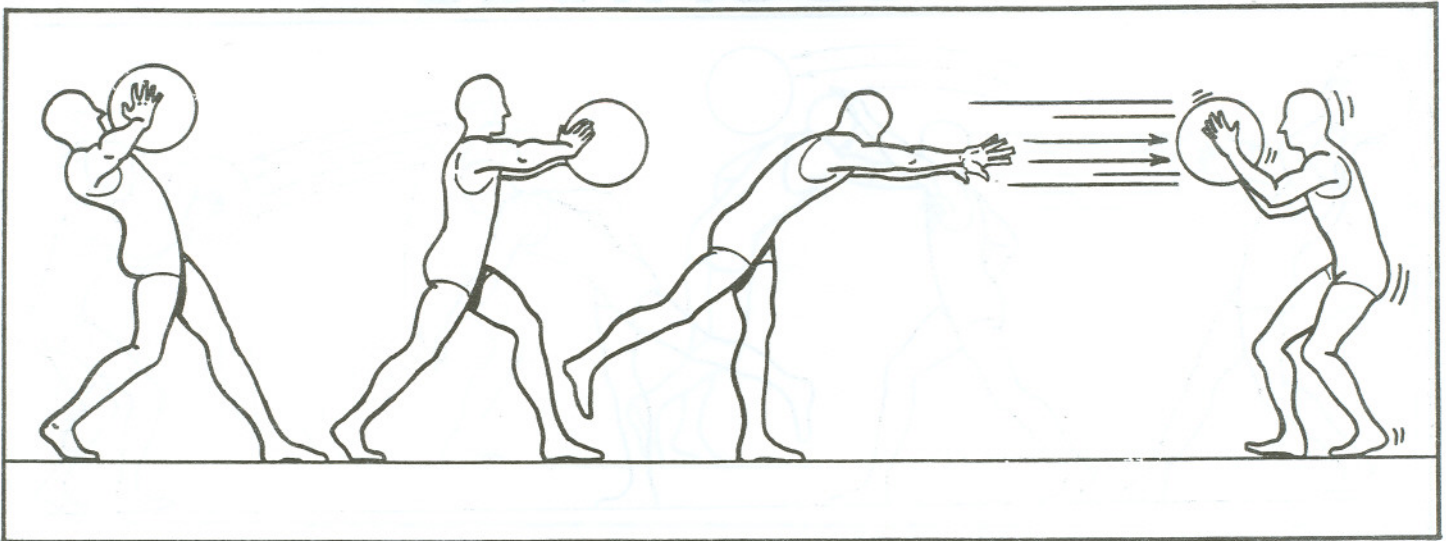
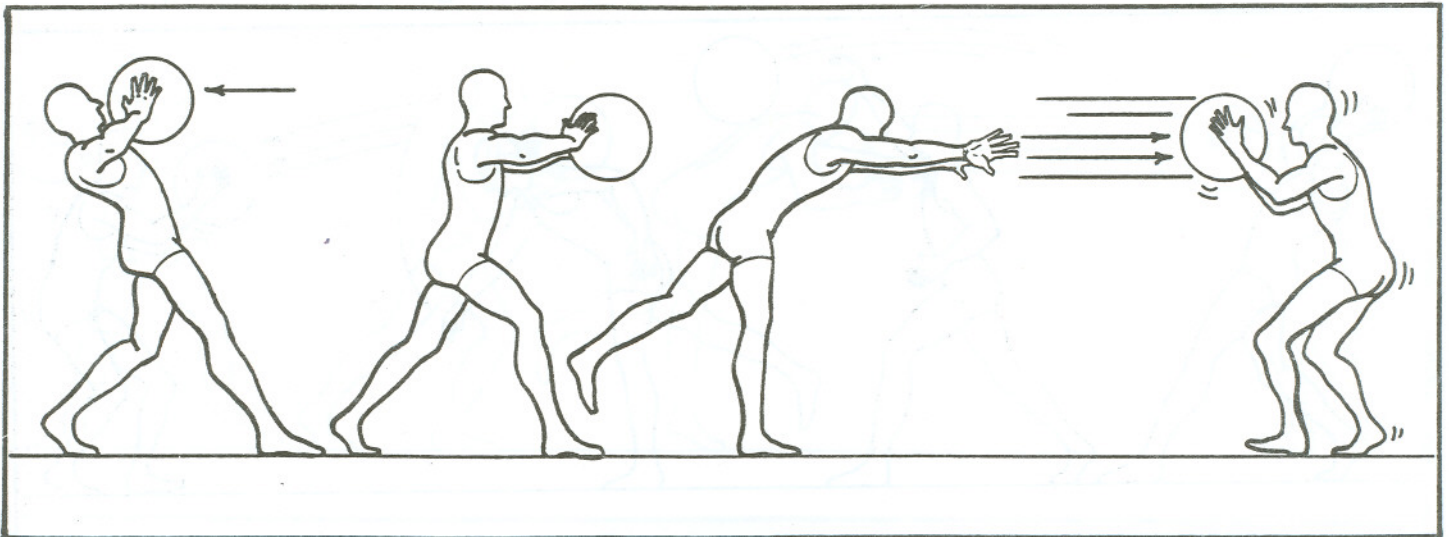


Two-Arm Thrusts



Catcher initiates the action by tossing the ball to the chest...
...Thrower presses ball between hands and arches upper spine...
...and explosively releases the ball forward...



Step heel-and-toe to trigger the throw...
...follow-through with powerful shoulder shrug...

Do: Perform Two-Arm Thrusts using a three step pattern to establish an alternating locomotion rhythm. Maintain correct spinal posture during the wind up. Keep the elbows up. Use the catcher's chest as the target.

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