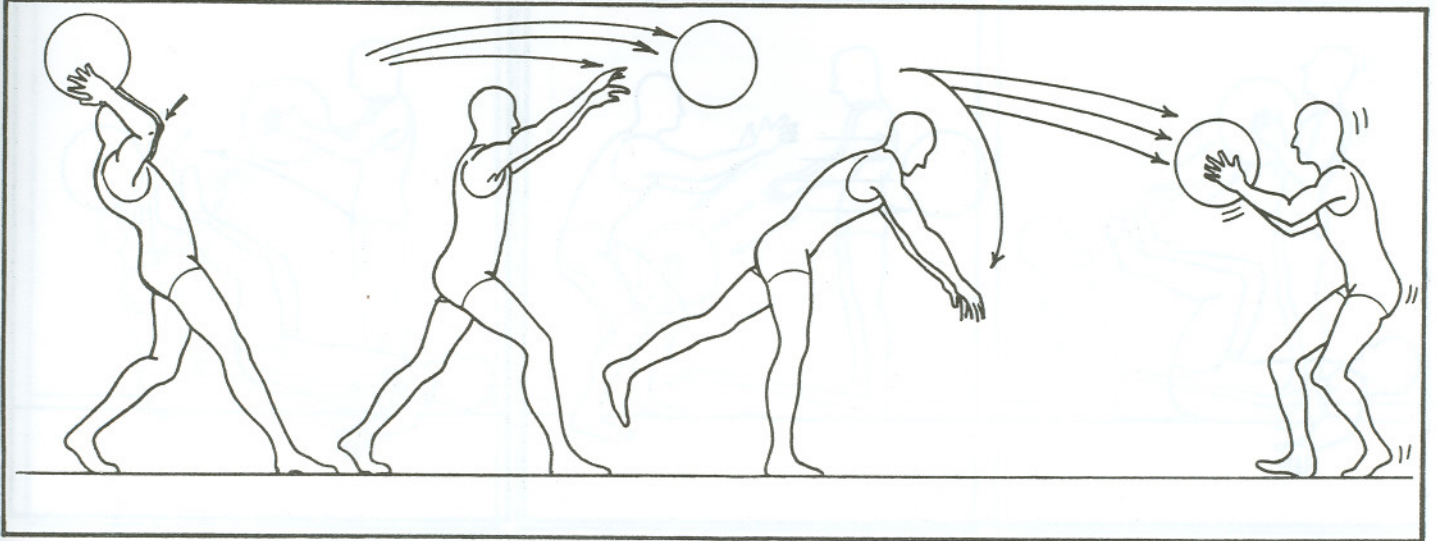
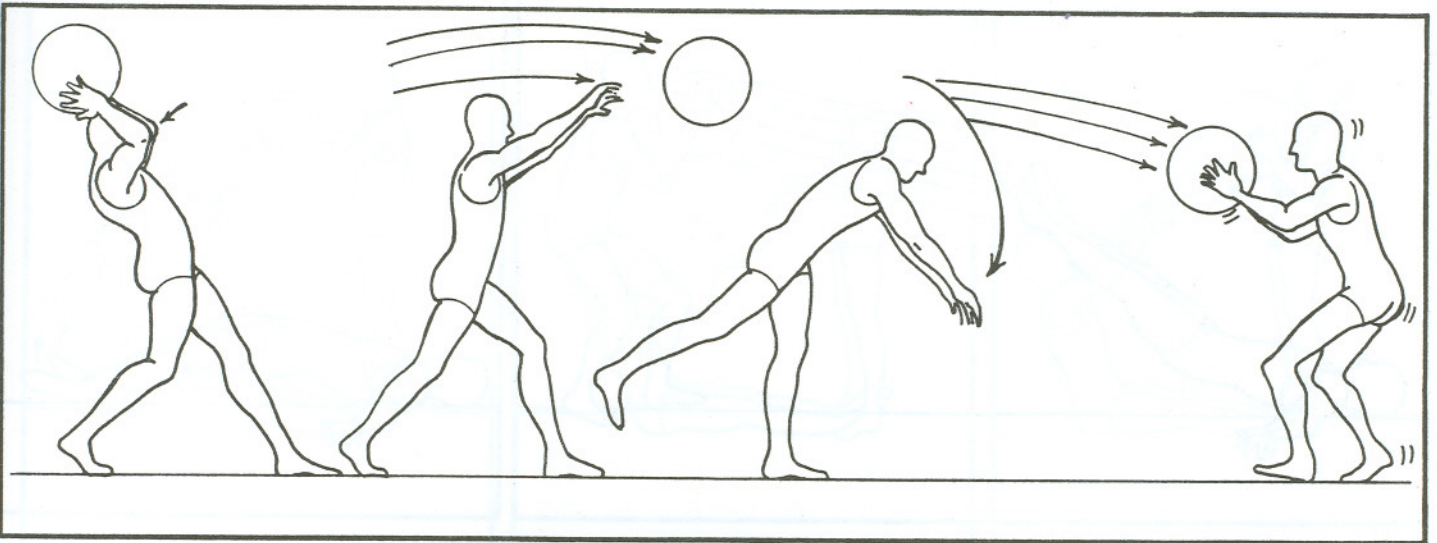


Two-Arm Overhead



Keep elbows pointed in direction of throw...

...use whole body and follow through with arms...



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

...Initiate the throw with upper body behind the hips...

Do: Perform Two-Arm Overhead using a three step pattern to establish an alternating locomotion rhythm. Maintain correct spinal posture during the wind up. Use catcher's forehead as the target. Feel active sequentially in the legs, hips, spine, shoulders, elbows and wrists.

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