Name_____ Homeroom_____

Label the critical elements of the Overhand Throw:

_____   _____   _____

_____   _____   _____

_____   _____

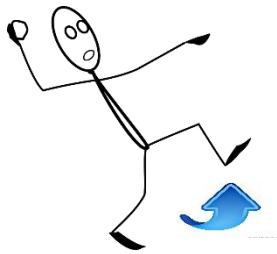_____   _____
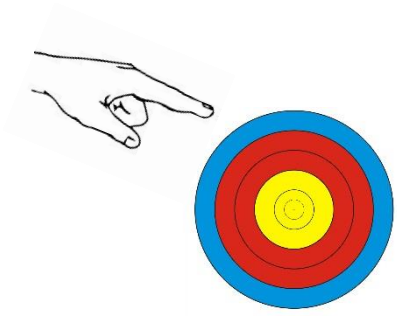
➢ Ball back by ear

➢ Side facing target

➢ Twist body/Follow Through

➢ Step with opposite Foot

➢ Point to Target