

Beyond Basic Fielding - Lesson Plan 4

OVERARM THROWING

- Body side on to target.
- Step toward target.
- Throwing hand to move back & up with fingers on top of the ball while.
- Non throwing hand points toward the target.
- Throw the ball keeping the elbow high.
- Throwing arm follows through across the body.



TARGET THROW



To start: Players form a large circle & the stumps are placed in the middle.

- On the coaches call of 'go' all players throw their ball attempting to knock stumps over. The game continues with players collecting balls thrown by others and throwing again. The game stops when the stumps are knocked over and recommences when the stumps are reset.
- The time taken to knock the stumps over can be recorded or teams can compete against each other.

