

# Throwing

- ▶ Stand, Non-Throwing Shoulder to Target
- ▶ Opposite Foot Steps Forward
- ▶ Weight Transfers from Back to Lead Foot
- ▶ Hips and Spine Rotate
- ▶ Non-Throwing Arm Raised
- ▶ Throwing Arm Extends in Backswing
- ▶ Throwing Arm Moves Forward
- ▶ Non-Throwing Arm Moves Downward
- ▶ Hand Releases Ball
- ▶ Hand Follows Through to Target

