

Overarm throwing is a manipulative skill that requires applying a pushing force to an object to propel it.

Wind-up is initiated with a downward movement of the throwing hand and arm.

The child rotates their hips and shoulders to a point where the non-throwing side faces the target.

They then step with the foot opposite the throwing hand toward the target.

The throwing hand follows through after the ball release, across the body toward the hip of the non-throwing side.

Some common errors that children experience with overarm throwing include: a disjointed movement with minimal windup, rotation and follow-through, and children taking their eyes off the target.

Some corrections and verbal cues to address these common errors could include: instructing children to swing their throwing arm down and back as they prepare to throw, then step forward, bring the ball up right next to their ear, push the ball from their hand and bring their arm forward across the body, and to point to the target with their non-throwing hand.