

Underarm throwing is a manipulative skill that involves applying a pushing force to an object to propel it.

The preferred hand swings down and back, reaching behind the trunk.

The child steps forward with the foot opposite the throwing hand.

The ball is tossed forward, hitting the target without a bounce, and the hand follows through after ball release to at least chest level.

Some common errors that children experience with underarm throwing include: a lack of step of the foot opposite the throwing hand, lack of arm swing resulting in the child dropping rather than throwing the ball, and ball release too early or late making it misdirected.

Some corrections and verbal cues to address these common errors could include: instructing children to step forward as their arm starts swinging, big gentle swing with the throwing arm, and encouraging children to release the ball just as their throwing hand passes in front of the body.