

Long Barrier and Throwing

Description: this skill is used when a ball has been struck hard and low or on a rough outfield, and a second line of defence is required.

COACHING POINTS

BALANCED & LOW APPROACH

BARRIER AT 90° TO PATH OF BALL

KNEEL ON NON-THROWING KNEE NEXT TO HEEL OF THROWING FOOT

HEAD OVER BALL FINGERS POINTING DOWN HANDS TOGETHER WATCH BALL

STRONG THROWING POSITION ESTABLISHED

side view



front view



Introduction to Throwing

COACHING POINTS

1. WRIST FLICK

(3 metres to target) FLICK WRIST & FINGERS, BOUNCE BALL TOWARDS TARGET

2. ELBOW FLICK

(5 metres to target) FLICK ELBOW, WRIST & FINGERS, BOUNCE BALL TOWARDS TARGET

3. UPPER BODY ROTATION

(10 metres to target) KNEELING ON THROWING KNEE HIGH ELBOW, FULL FOLLOW THROUGH

