

## 1 Throwing & Catching

### Manipulative Skills

## 2 Throwing & Catching

☐ Throwing & catching are complimentary skills so they should be taught together.

☐ Throwing is emphasized first.

☐ Throwing is performed to propel an object away from the body.

## 3 Basic Throwing Pattern

☐ Three phases of throwing:

1 Preparatory: momentum builds for the throw.

2 Propulsive: the object is released.

3 Follow-through: body maintains control & balance while using up the momentum of the throw.

## 4 Throwing Cues

☐ Often the skill is broken into 3 or 4 parts for learners to practice

1 Side to target (prepares the body to use rotational force of the trunk = momentum)

2 Step (opposite foot = forces the trunk to rotate)

3 Point & Throw (point to target & release = provides direction/location of throw)

4 Follow-through (use up momentum from throw & bring back foot square to target)

## 5 Catching

☐ Catching is receiving & controlling an object by the body or its parts.

☐ In an immature catching pattern, children will try to fend off an object or let it hit their chest to corral the object.

☐ Tracking the object is problematic early in their development.

## 6 Catching Cues

☐ Catching can be taught using these basic cues:

1 Ready position – this is knees & elbows bent (body ready to move to object)

2 Watch it (emphasis on visual tracking)

3 Reach for it (arms extend to receive the object)

4 Catch w/ the hands – thumbs in for a high throw & thumbs out for a low throw (emphasis on catching w/ hands not the body)