

Throwing Analysis Activity

▶ INTRODUCTION

The basic movement pattern of throwing is critical to success in many physical activities and sports. An athlete's ability to adapt this movement pattern will enable successful performance in varied sports and activities.

▶ THE ACTIVITY

The correct movement pattern of throwing should demonstrate the following:

1. Side on stance.
2. Throwing arm extended behind the body with elbow flex of approx. 90 degrees.
3. Steps forward onto the opposite foot.
4. After foot contact, the hips and upper body rotate.
5. Rapid shoulder rotation, elbow extension and wrist is flexed or snapped.
6. Follow through down and across the body.



▶ THE ACTIVITY

Aim: To perform an analysis of the basic movement pattern of throwing.

Equipment: Tennis balls or similar

Procedure: Observe the throwing action of one or more people and use the table below to analyse the movement pattern. If you have a mobile device available then record the subject's throwing action inside the apps mentioned in the resources section.

If the video is not being used, the subject will throw enough times for adequate observation to take place and the table to be completed.

► Resources to assist with your practice:

Video Analysis Apps

These apps allow you to record your performance and then review using the inbuilt annotation, slow motion and drawing tools.



CoachNow
(iOS & Android)

Watch a tutorial of this app here

www.cpe.to/analysis

or scan the QR code!



▶ Results

PERFORMANCE CRITERIA	ASSESSMENT		
	CLEARLY EVIDENT	EVIDENT	NOT EVIDENT
Starts in a side on position.			
Throwing arm extended behind body with elbow flex of approx. 90 degrees			
Steps forward onto opposite foot.			
After foot contact the hips and thorax rotate.			
Rapid shoulder rotation, elbow extension and wrist is flexed or snapped.			
Follow through down and across the body.			

SCORING: CLEARLY EVIDENT - 3 EVIDENT - 2 NOT EVIDENT - 0

Discussion :

1. Rate the subject(s) observed with a score out of 18.
2. Which phase(s) of the skill do the performer/s require more practice with?
3. How did the video assist your analysis?
4. List some sports or physical activities where the ability to throw with correct technique is critical for success.