

Throwing Over-Arm

The below shows throwing over-arm with the right arm if left handed the process is the same with the left arm at the back and the right used to align the target.

Description: this skill is used to affect a run out or return the ball to the stumps with pace and power from any fielding position, it requires accuracy and power

Outcome: ball should be returned to the stumps or wicket keeper with urgency, accuracy and power

Initial set-up

- Stable base established

Ready to throw

Point of release

Follow through



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Outcome: ball should be returned to the stumps or wicket keeper with urgency, accuracy and power

Initial set-up

Ready to throw

- Stable base established
- Non throwing arm clearly aligned with target
- Throwing elbow level/ above shoulder

Point of release

Follow through



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Outcome: ball should be returned to the stumps or wicket keeper with urgency, accuracy and power

Initial set-up

Ready to throw

Point of release

- Increased energy and drive through throw
- Hip and shoulder rotation towards target

Follow through



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Outcome: ball should be returned to the stumps or wicket keeper with urgency, accuracy and power

Initial set-up

Ready to throw

Point of release

Follow through

- Some follow through towards target

