

# THROWING AND AIMING

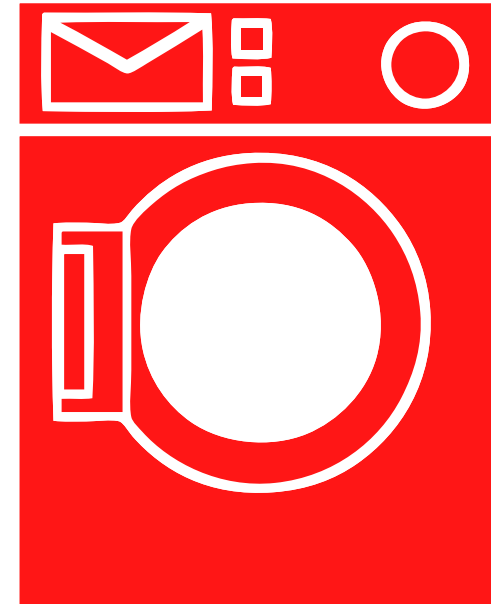


## OBJECTIVES

- ★ **IMPROVE THROWING ACCURACY.**
- ★ **DEVELOP A GOOD UNDERARM AND OVERARM THROWING TECHNIQUE.**

## INSTRUCTIONS

-  **ROLL UP SEVERAL PAIRS OF SOCKS TO MAKE SOCK BALLS.**
-  **USING A WASHING MACHINE OR LAUNDRY BASKET AS A TARGET, PRACTISE THROWING THE SOCKS INTO THE TARGET.**
-  **USE BOTH OVERARM AND UNDERARM THROWING TECHNIQUE.**



## CHANGE IT UP

-  **THROW FROM DIFFERENT DISTANCES AND ANGLES.**
-  **START OFF CLOSE AND EACH TIME A SOCK GOES IN MOVE FURTHER AWAY.**
-  **USE A SMALLER BOX OR TARGET.**