

Teddy Throw

Throwing for Accuracy

The important thing about throwing for accuracy is keeping your eyes on the target. This is an essential part of throwing for accuracy. The second thing to think about when throwing for accuracy is the follow-through of your hand, after you let go make sure you point your hand in the direction of your target.

All you need is: soft objects or teddies to throw & different sized targets.

Level 1 - Two-handed throws

Throw the teddies into the basket using two hands.

Level 2 - One-handed throws

Throw the teddies into the basket using one hand.

Level 3 - One hand - one leg

Throw the teddies into the basket with one hand whilst balancing on one leg.

Level 4 - Weaker hand

Throw the teddies into the basket using your weaker hand (the hand you don't write with).

Level 5 - Plank throws

Throw the teddies into the basket whilst in the plank position.

Level 6 - Throw & move

Throw a teddy into the basket whilst it is by your feet. Once it is in move the basket back and throw again. Everytime you are successful move the basket back. Time yourself, how quick can you get across the room?

Level 7 - Fill the baskets

Starting with the largest basket, can you get a teddy in each basket. The basket should get smaller each time you are successful.

Level 8 - Copy Cat

Throw the smaller teddy into a basket and then see if you can get the bigger teddy into/onto the same target.