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The underarm throw is a throw made at waist height, under the arm. It is used to send the ball over short distances or when throwing for accuracy.
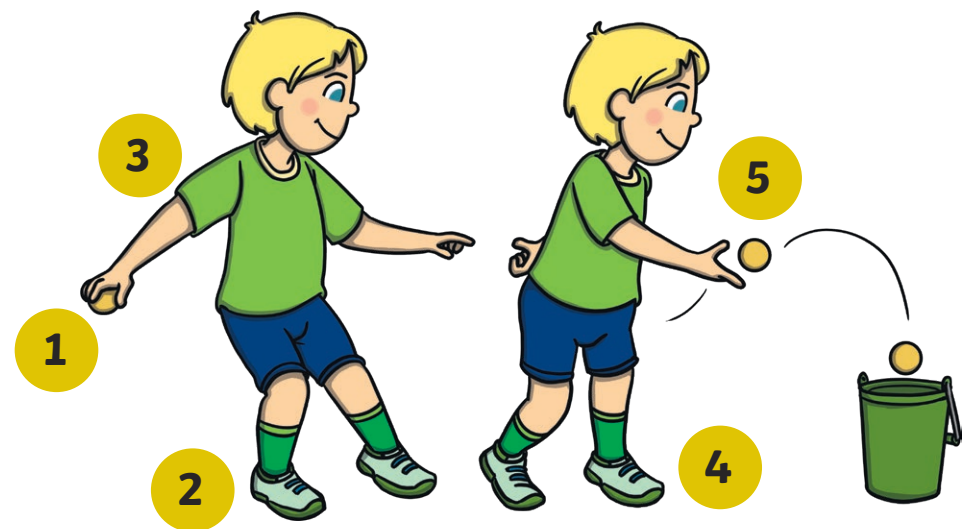
Equipment

Something that you can throw – ideally a ball but a rolled-up pair of socks will do; something that you can throw into (e.g. a bucket or a bin).

What to do

1. Practise the underarm throwing technique with a partner, standing approximately 2–3m apart. Stand further apart for a greater challenge.

2. Now place a bucket on the ground and stand approximately 2m away. Try to get the ball into the bucket. Stand further away for a greater challenge or closer if necessary.

3. You will get five attempts to get the ball into the bucket.

1 Hold the ball in your dominant hand, gripping it with the fingers and thumb.

2 Stand with one foot in front of the other.

3 Take your throwing arm behind your body and swing it forwards like a swinging pendulum (from behind the body to the front of the body).

4 Transfer your weight from the back foot to the front foot.

5 Release the ball at waist height.

Watch the video **here** to see how it is done.

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