

Looking at technique

In pairs, follow these steps:

1. Have your partner pick up the ball to throw.
2. Get your partner to stand on the identified spot with the ball.
3. Start recording and then get your partner to throw the ball, all the time videoing them.
4. Stop the recording.
5. Check the recording to make sure you have captured all of your partner including the throwing arm for the whole throw.
6. Swap places!

Once both videos are made it is time to do the analysis of your throws.

Watch the video of each person twice.

1. On the first viewing have a look at the position of the person's arm when they release the ball. You might like to pause the video at this point.
2. Note on the recording sheet if their arm is:
 - a. straight,
 - b. slightly bent,
 - c. very bent.
3. On the second viewing look at the hip rotation through the throw.
4. Note on the recording sheet:
 - a) if they stand with their feet in parallel and don't move their hips;
 - b) if they stand with one foot in front of the other and have little or no movement of their hips;
 - c) if they stand with one foot in front of the other and move their whole body (including hips) with their throw.



Arm length

In pairs, follow these steps:

1. Have your partner lift their arm to shoulder height.
2. Get your partner to stretch their arm out as long as they can make it.
3. Using a tape measure, measure from their neck to the end of their longest finger (to the nearest centimetre).
4. Get your partner to write down their arm length on the *Crunch the Coach* recording sheet.
5. Swap places!



Hand span

In pairs, follow these steps:

1. Have your partner stretch their dominant hand out to make it as wide as possible.
2. Help your partner place their hand on a ruler so that the end of the thumb is on zero.
3. Read of their hand span (to the nearest centimetre) where their little finger ends.
4. Get your partner to write down their span on the *Crunch the Coach* recording sheet.
5. Swap places!

