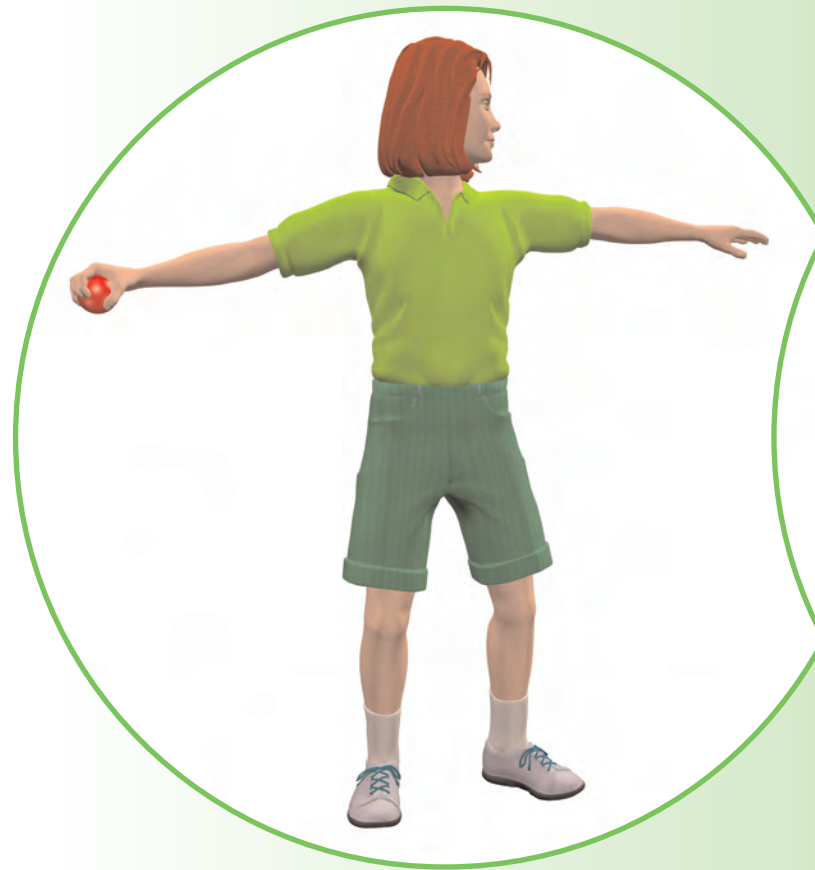


Overhand Throw

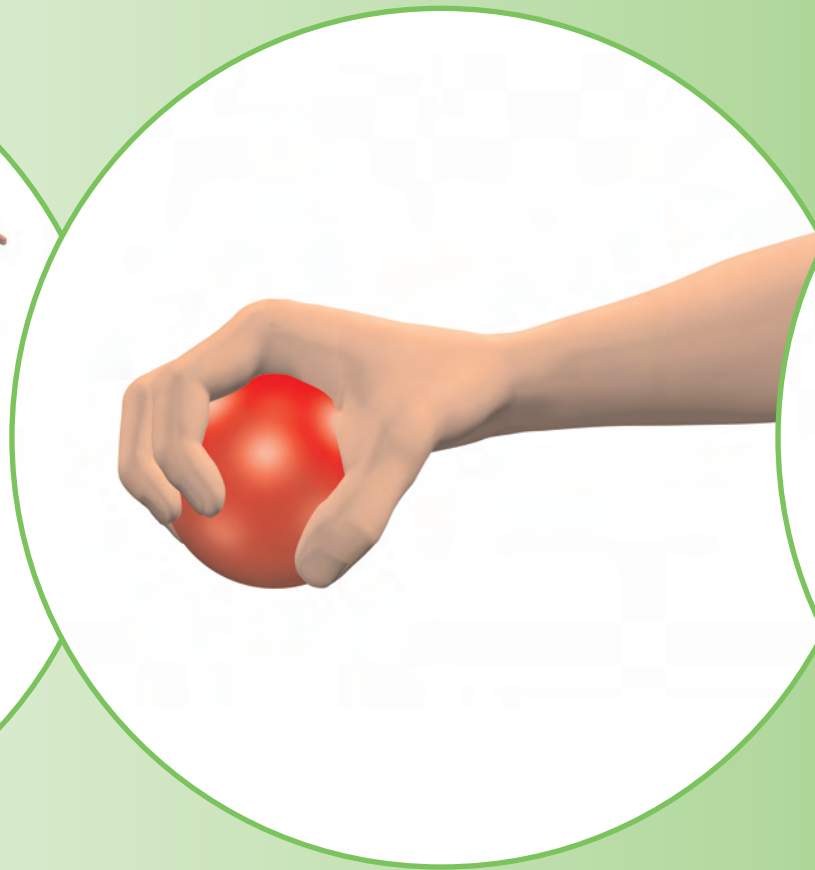


T Position



- Sideways to target
- Arms out to sides

Hand on Top



- Hand on top of ball

Twist Tummy



- Rotates toward target

Tickle Knee



- Follows through



T Position

