



THROWING ARM MOVEMENT



Raise arm well above shoulder height
Keep elbow and wrist stiff and straight



Keep arm just above shoulder height
Increase the use of your wrist & elbow

HOLDING THE ROPE



Bundle all the rope and hold in one hand
Throw the whole bundle over



Hold only 1m of rope in throwing hand
Throw over 1m of rope & let the rest follow

BASE OF SUPPORT



Stand with a narrow base of support
Feet facing away from throwing direction



Stand with a wide base of support
Feet facing towards throwing direction