

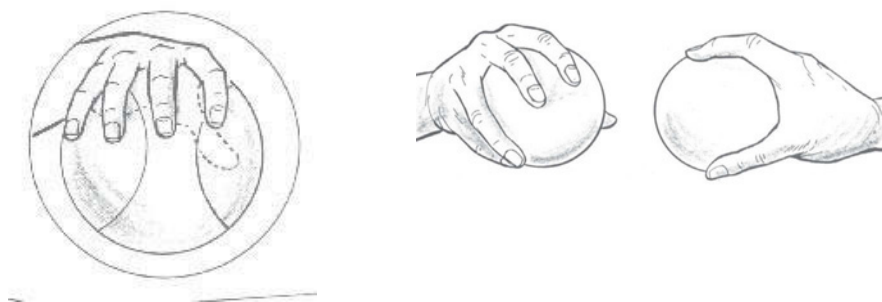


## **Softball Throw**

Throwing events in Special Olympics athletics are fun and exciting. Special Olympics athletes have the opportunity to train and compete in the softball throw, a unique event for Special Olympics athletes with a lower ability level. The shot put, which has been contested on the world stage for many Olympic Games, is a part of Special Olympics Official Sports and is discussed in another section.

### **Gripping the Softball & Ready Position**

1. Pick up softball with the throwing, dominant hand.
2. Place the thumb under the ball with the index, middle and ring finger on top, and little finger on the side. This grip may vary according to the size of the athlete's hand.
3. Apply pressure by squeezing fingers to keep ball in the hand.



### **Standing Overhand Throw**

1. Stand 1½ strides behind foul line, with left shoulder facing direction of throw, feet parallel and a little wider than shoulder width, and toes pointing forward.
2. Raise right arm, with elbow pointing back and holding ball behind head.
3. Bend left arm and hold it in front of the chest.
4. Push off right foot and take one step with left foot toward direction of throw.
5. Transfer body weight from right leg to left leg.
6. Bring the right arm up and forward, leading with the elbow.
7. Forcefully extend right arm, snap the wrist and release the ball off fingertips.
8. Follow through, down and across body.

### **Wheelchair Athlete - Ready Position**

1. Set front wheels of chair just behind the foul line and lock back wheels.
2. Sit upright in chair with buttocks against back of the chair and feet either on the ground or on the foot supports.
3. Properly grip the softball.
4. Bend right elbow to 90 degrees, lift it away from body, and bring ball behind the head. The hand is behind the elbow.
5. Hold left arm above eye level, and lean back slightly in chair with a small arch in back.

### **Wheelchair Athlete - Overhand Throw**

1. From ready position, throw ball by pushing left arm to the right, then pulling it back down to left.
2. Raise right shoulder as the left shoulder drops, keeping right elbow up and away from the body.
3. Bring right arm up and forward, leading with elbow.
4. Extend right arm sharply, high over right leg, snap wrist, and release ball off fingers.
5. The right arm follows through, down and across body.