



Physical Education Virtual Learning

7th & 8th PE

Football

April 22, 2020



7th & 8th Physical Education
Throwing Technique: April 22nd, 2020

Objective/Learning Target:

Throws with a mature pattern for distance or power appropriate to the practice task.

NASPE (S1.M2.6)



Throwing a Football

How to throw a football with proper technique.



Lesson Objective

Student will be able to understand and perform the proper technique to throw a football using the appropriate cues.



Essential Question

What do the cue words: See, Step, Throw mean when throwing a football?



Standards

ISD LT 1.1: I can perform selected hand/eye skills with the correct critical elements in a modified game setting (Throwing catching, dribbling a basketball, etc.)

NASPE Standard #1: Demonstrates competency in a variety of motor skills and movement patterns.



Warm Up---Video

While watching the video, pay attention first to where you grip the ball.

Basic Football Throwing Technique



Warm Up---Video

GRIP:

When gripping the ball, you want to have your hand on the back half of the ball with your fingers on the laces. Depending on the size of the ball, will determine how far back on the ball to place your hand.



Warm Up---Video

Watch the video again, this time pay attention to what See, Step, Throw means.

Basic Football Throwing Technique

Warm Up---Cue Breakdown

SEE: Make sure you **SEE** your target and know where you are throwing to.

STEP: Take a **STEP** towards your target with the foot that is the opposite of the hand you are throwing with. (Throwing with right, step with left. Throwing with left, step with right.)

THROW: The ball should be even with your head, you want to **THROW** and release the ball while still letting your throwing arm go all the way through a fluid motion even after the ball is released.



Perform the Skill

You can use the following equipment to practice with:

- Football
- Any type of ball you can hold in one hand
- Wad of paper
- Nothing (you can still go through these motions without physically throwing anything)



Perform the Skill

You can throw at any of the following, depending on your equipment:

- Another person
- A wall
- A net
- A trash can
- Any type of target that is able to be hit with your type of equipment



Perform the Skill

Stand 5 feet from your target.

-Throw at your target using the cues: SEE, STEP, THROW. ****Also--double check your grip each time. When you have hit your target 5 times, take a few steps back.

-Throw at your target from this distance using the cues: SEE, STEP, THROW. When you have hit your target 5 times, take a few steps back.

-Repeat the process. If you get to a distance that you cannot hit the target, step closer to your target.

MAKE SURE TO USE THE CUES, SAY THEM OUT LOUD TO HELP!



Self Assessment

Go back to the shortest distance you threw from (around 5 feet).

Throw at your target 5 times in a row **WITHOUT** saying the cue words.

Now, throw at your target 5 times in a row **SAYING** See, Step, Throw.

Which way was easier for you? Why do you think that is?



Thinking Critically

Why is it important to SEE your target?

If you were the Quarterback (Patrick Mahomes' position), how would it benefit you in a game to SEE the player you were throwing to?





Additional Resources

Struggling with your follow through? Watch this video:

[Follow Through with Peyton Manning](#)

Want more explanation of the technique? Watch this video:

[More in-depth Technique of Throwing](#)