**Throwing Cues**

**1. Turn (1/4 rotational turn of dominant side of the body…pivot & drop step)**

**2. Point (point non-dominant hand towards target)**

**3. Step (step with opposite foot of throwing hand towards target)**

**4. Throw (release object towards target with appropriate force…extend arm & snap wrist)**

**5. Freeze Frame (after releasing object & following through, hold throwing arm**

**out with index finger pointing straight at target)**