The two-handed throw is commonly used when young children have to handle a larger-sized ball as this movement allows them a better grip of the ball. They tend to use the two-handed overhead throw or two-handed forward toss from waist level, before mastering the two-handed chest pass.

The two-handed overhead throw is used in games like soccer (throw-in from sideline) and basketball, while the chest pass is commonly used in basketball and netball.
Developmental Phases
Two-handed Throwing

**Initial**
- Feet stationary. Ball is held high near the head with both hands/elbows slightly bent.
- During the throw, body leans backward before flexing forward.
- Arms straighten and ball is released high by both hands.
- No weight transfer during the throw.

**Transition**
- Feet stationary. Ball is held near to chest with bent elbows pointing downward.
- During throw, body leans slightly backward before arms are straightened and ball is released.
- Little or no weight transfer during the throw.

**Mature**
- Feet stationary. Ball is held with fingers spread around it. Elbows are bent and held just below shoulder level (winged outward).
- One foot steps forward to initiate the throw.
- During the throw, arms are pushed out strongly at chest level, transferring force from shoulder to arms to hand.
- Legs are slightly bent to absorb force and weight transfers to front foot as ball is released.

**Approximate Age of Development (in years)**

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial</td>
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<tr>
<td>Transition</td>
<td>1</td>
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<td>3</td>
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<tr>
<td>Mature</td>
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<td>6</td>
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<td>9</td>
<td>10</td>
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</tbody>
</table>
Teaching Strategies
Two-handed Throwing

What to do if your child...

... is not throwing far?
• Place two foot markers, about shoulder width apart. Place another marker in front (either foot) for your child to step forward. Use verbal cues: “Step and push”.
• Child to practise stepping forward with left and right foot to develop versatility with both feet.

... needs practice to throw with accuracy?
• Hang a hoop at your child’s chest level. Get your child to stand a short distance away and throw a ball through the hoop.
• Gradually move your child further from the wall to increase the throw distance.

... has difficulty throwing with force?
• Place a marker/target on wall at your child’s chest level. Get your child to stand a short distance away and throw to hit target.
• Gradually move your child further from wall to increase throw distance.

... needs motivation to practise the skill?
• Stack drink cans (or place plastic bottles) on a table top. Get your child to stand a distance away and throw to knock cans over.
• Gradually move your child further from the table to increase the throw distance.
Variations in
“Can your child throw a ball with two hands...?”

<table>
<thead>
<tr>
<th>How the body moves</th>
<th>Force/Effort</th>
<th>Time</th>
<th>Flow</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>as if pushing a rock away</td>
<td>quickly/slowly</td>
<td>as if feet were glued to the floor</td>
</tr>
<tr>
<td></td>
<td>with/without bending at the waist</td>
<td>straight ahead/upward to ‘draw’ a rainbow</td>
<td>smoothly with a forward step and follow through</td>
</tr>
<tr>
<td></td>
<td>gently as if handling an egg</td>
<td>with a short/long forward step</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Where the body moves</th>
<th>Location</th>
<th>Direction/Pathways</th>
<th>Levels/Extensions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>clockwise in a group</td>
<td>straight and forward</td>
<td>at medium/high level</td>
</tr>
<tr>
<td></td>
<td>through a hoop and into the basket</td>
<td>overhead</td>
<td>downward so that it bounces</td>
</tr>
<tr>
<td></td>
<td>to hit targets (at different distances and height)</td>
<td>over a line</td>
<td>from a seated position</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>With whom/What the body moves</th>
<th>Self (body parts)/People</th>
<th>Objects</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>to you standing nearby/far away</td>
<td>into a basketball net</td>
</tr>
<tr>
<td></td>
<td>when you tell him to</td>
<td>to hit a wall and catch the rebound</td>
</tr>
<tr>
<td></td>
<td>to you when you call his name</td>
<td>through a hoop hanging upright in front of him</td>
</tr>
</tbody>
</table>

**COMBINATIONS**

- A medium-sized ball quickly and smoothly with one forward step
- Through a hoop, hanging at chest level, to you on the other side of the hoop
Activity 1
Two-handed Throwing

WHAT YOU NEED
• A picture of your child’s favourite cartoon character
• A ball

HOW TO PLAY
• Stick a picture of your child’s favourite cartoon character on a wall, at your child’s chest level.
• Stand your child a distance away from the wall.
• Have him hold a ball with both hands as he throws it to hit different parts of the target.

BE AWARE
• Ensure that your child fixes his eyes on the target.
• Remind him to step forward with one foot when throwing. This will help him maintain his balance.

OBJECT CONTROL SKILLS

! Add in more cartoon characters and stagger them at various heights, not going beyond your child’s chest and head levels.
• Encourage your child to complete hitting all the targets within a specific time frame.
Activity 2
Two-handed Throwing

WHAT YOU NEED

- A ball

HOW TO PLAY

- Stand five steps away while facing your child. Hold a hula-hoop or form a circle with your arms.
- Have your child throw a ball through the hoop or circle.

BE AWARE

- Encourage your child to lift up both arms, and bend his elbows in front of his chest (like chicken wings). This will help him throw more forcefully.