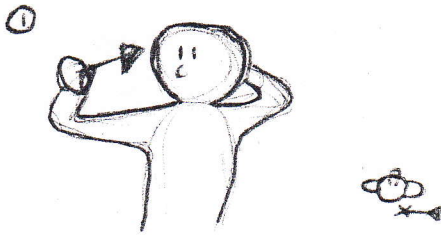
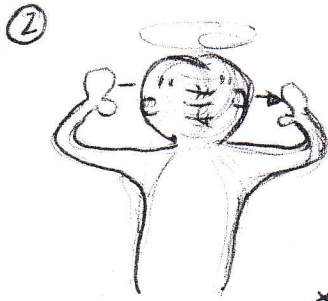


BLIND THROWS + CATCHES

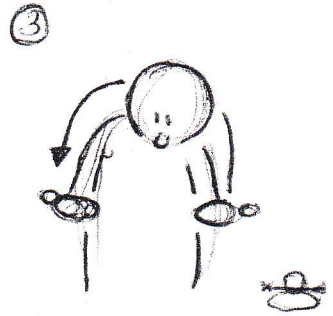
TYPES OF 3s



THROW BEHIND THE NECK,
CATCH BEHIND THE NECK
AT THE EAR. THINK ABOUT
THROWING AT YOUR EAR, JUST DON'T
HIT YOURSELF, OK?



THROW BEHIND THE NECK,
CATCH ON OPPOSITE SIDE.
(IT'S A MORE RELAXED THROW THAN
THIS DRAWING MAKES IT OUT TO BE!)

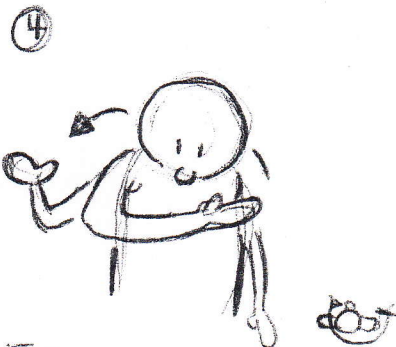


HEAD DOWN/FORWARD,
BALL IS THROWN OVER
THE NECK. LIKE TENNIS,
BUT MORE BLIND. PAY MORE
ATTENTION TO THE CATCHING
HAND, THINK ABOUT THROWING
INTO THE CORNERS MADE BY
YOUR NECK AND
SHOULDERS.

TIPS!

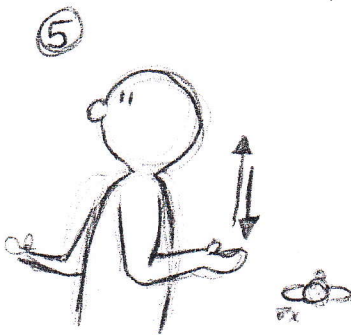
- THINK ABOUT YOUR SHOULDERS
- IF A THROW IS GOING
NOT-WHERE-YOU-WANT-
IT-TO, CONSIDER THE
ANGULAR RELATIONSHIP
BETWEEN THE YORE OF
YOUR SHOULDERS AND YOUR
ARM.
- THROWS ① AND ④ ARE GOOD
FOR WORKING ON THE
BEHIND-THE-NECK CASCADE
(CONSECUTIVE THROW ②)
- THROW ③ IS CLUTCH
WHEN LEARNING THE OVER/
AROUND-THE-NECK SHOWER.

TYPES OF 4s



THROW OVER YOUR NECK, ARM
CROSSING IN FRONT. CATCH
ON THE THROWING ARM'S SIDE.
HEAD IS FORWARD/DOWN.

★ THIS CAN BE DONE AS A
TRICK. IT'S AWESOME!



THE HALF SHOULDER-
THROW! DO A SHOULDER-
THROW THAT DOESN'T GO
OVER THE SHOULDER. CATCH
AND THROW HAPPEN AT
THE SAME PLACE. IT'S HARD,
BUT DON'T GET DISCOURAGED!

QUESTIONS? COMMENTS? IDEAS?
CRITICISMS? ADDRESS ME IN
HAIKU AT: THOMWALL@GMAIL.COM