

Stage 1	Key Points at Each Stage	To Move to the Next Stage	Cue Words
	<ol style="list-style-type: none"> <li>1. The arm is taken up and to the side</li> <li>2. The forearm and hand are well back behind the head, and there is a slight backward lean of the body</li> <li>3. The shoulder, elbow, and wrist are used</li> <li>4. There is some shift of body weight forward, and the leg on the throwing side of the body moves during the throw</li> </ol>	<ol style="list-style-type: none"> <li>1. Take the hand/arm back behind the head</li> <li>2. Use the shoulders, elbow, and wrist</li> <li>3. Step and lean forward as you throw</li> </ol>	<ul style="list-style-type: none"> <li>• Ball back</li> <li>• Step and throw</li> </ul>
	<ol style="list-style-type: none"> <li>1. The most important difference is to step forward - but with the SAME foot as the hand holding the ball</li> <li>2. There is greater use of the shoulder, arm, and wrist</li> <li>3. There is more use of the trunk, but little or no twisting of the trunk</li> </ol>	<ol style="list-style-type: none"> <li>1. Rotate the throwing shoulder backward</li> <li>2. Take the hand back and up so it is behind and above the head</li> <li>3. Use the trunk, shoulder, elbow, and wrist</li> <li>4. Step forward with the foot OPPOSITE the throwing arm</li> </ol>	<ul style="list-style-type: none"> <li>• Shoulder and trunk twist back</li> <li>• Opposite foot forward</li> <li>• Body weight forward</li> </ul>
	<ol style="list-style-type: none"> <li>1. Note the rotation of the trunk, backward on the side she throws from</li> <li>2. The throwing arm is taken up and back</li> <li>3. There is a step forward with the foot opposite the throwing arm</li> <li>4. During force production, the trunk, shoulder, arm, and hand are all used</li> <li>5. Body weight moves forward during the throw</li> <li>6. Weight ends up on the opposite foot</li> </ol>		

**Participants with a Disability**

**Locomotor** For wheelchair users at Stages 1 or 2, position the wheelchair in the direction the ball is to be thrown. For those at Stage 3, point the wheelchair slightly to the side of the throwing arm.

**Sensory** Physically guide individuals with a visual disability through the motions with additional verbal cues; a high number of repetitions is also recommended.

**Intellectual** For individuals with an intellectual disability, keep instructions brief and simple. Demonstrate rather than explain, and review instructions frequently.