

National Throws Coaches Association

Drill of the Month

Step Ins



Click on Picture to Play Video

Step Ins – Use this drill to teach the transition from back of the ring to the middle of the ring.

- 1) Stand at the back of the ring facing the throwing direction
- 2) Bring the right thigh parallel to the ground
- 3) The right foot should be dorsiflexed
- 4) The left arm will point towards the throwing direction
- 5) Swing the right arm back where it will be able to hit the right cheek
- 6) Fall into the middle of the ring – do not step
- 7) Once the right foot makes contact start the half turn