

Homework Assignments

Week 3 – How to Fix Your Mechanics

1. What are the 4 body parts that can affect your accuracy?
 - a. _____
 - b. _____
 - c. _____
 - d. _____
2. If the throw goes low, focus on your _____
3. If the throw goes high, focus on your _____
4. If the throw goes inside/outside, focus on your _____

4 Mechanics That Link Throwing and Hitting
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1. _____
2. _____
3. _____
4. _____