

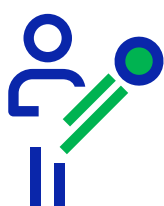


**NATIONAL SCHOOL
SPORTS WEEK 2025**
16-22 JUNE

**always
active**

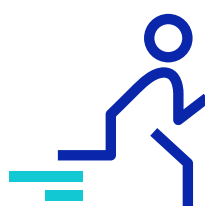


Coach It Cue Card



Throwing

1. Overarm Throw: Side to Target, L-Shape, Step-Twist-Throw, Follow Through
2. Underarm Throw - Swing, Step, Throw
3. Frisbee Throw - Point to Target, Cross-Body, Step, Throw, Keep Flat



Running

1. Arms - pump your arms from 'hip to lip' and alternate with the opposite leg
2. Legs - drive knees high, like you are marching, to generate maximum power
3. Feet - keep your strides short and quick. Lengthen your strides as you gain speed and momentum.



Catching

1. Above the Chest Catch - thumbs touching ('W' position), spread your fingers
2. Below the Chest Catch - little fingers touching, spread your fingers
3. Frisbee Crab Claw - hands out in front, spread thumbs and fingers, snap down



Jumping

1. Bend knees & hips and swing arms hard
2. Push off the ground with the balls of feet.
3. Bend knees and hips for a soft landing on balls of feet

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youthsporttrust.org/NSSW
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