Target Throw

Throw from approx. 3-5m off the behind post. Umpire to be in line with the score line.

Essentially the target is to throw over the top of the far goal post – 16 – 19m away depending on starting position.

You can add movement off the throw. Run to the top of the kick of square.

This can be done as part of a conditioning session or as nominated number of repetitions.