Learn How To Throw A Football

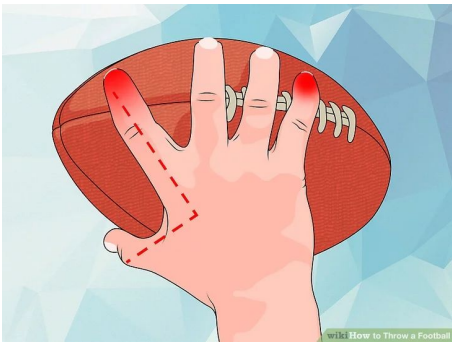
What do I need?

1. A Football
2. My Hands

Step 1: Grip the football

- The most common way to hold the football is with your ring and little fingers crossing the laces and your thumb underneath.

- Your index finger should be over a seam, and your thumb and index fingers should make an "L" shape.



- Don't "palm" the football. Hold it lightly with your fingertips. Some palm contact is OK, but try to keep space between the center of the palm and the ball.

- Don't grip the ball too tightly. Keep your hold firm but loose - you'll be able to adjust your grip more easily.

Step 2: Position your body in the throwing stance.

- Face 90 degrees away from your target.
- If you throw with your right hand, turn to the right, and vice versa if you throw with your left hand

Step 3: Hold the ball near your ear.

- Before you throw the ball, keep it up near your ear, stabilizing it with your non-throwing hand.

Step 4: Wind back.

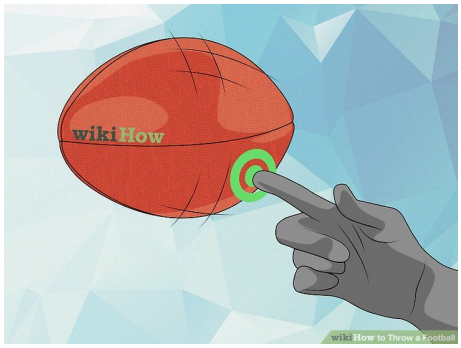
- Release your non-throwing hand from the ball. Wind your throwing arm back, stopping just behind your ear.

Step 5: Throw in a half-circular motion

- Quickly swing your throwing arm forward in a circular arc.
- Release the ball midway through the circle.
- Your empty hand should then head toward your non-dominant hip, palm facing away from you. Practice this motion a few times before you let go of the ball.

Step 6: Release the ball with your fingertips.

- As the football leaves your hand, it should roll off of your fingertips.
- Your index finger will be the last part of your body touching the ball. This provides the spin that creates the desired "spiral" effect.



Practice Practice Practice

https://www.wikihow.com/Throw-a-Football