
excelsior



Athletic Development Club

Throw like a girl

Case Study: Daisy Marshall age 12



Daisy practising her bowling



Playing catch in the garden should come before any technical coaching

Athlete Profile

"You throw like a girl" is an insult levelled at boys. But 12 year old Daisy Marshall can throw.

Since starting at Cullompton Community College she has been asked to represent the school at:

- Netball (passing)
- Cricket (bowling)
- Athletics: Hurdles, discus and javelin.

Only one of these activities doesn't require a throwing action.

Her throwing ability is linked to her overall movement skills, but mostly to her playing 'catch and throw' in many different forms from an early age.

Playing is the key word.

Daisy has been a member of Excelsior ADC since its foundation 5 years ago. She has trained in gymnastics and ballet before that.

Shas also participated in swimming, rock climbing, life guarding and horse riding outside of school.

She trains weekly in gymnastics and athletics at our club, including the winter 'Strength and co-ordination' sessions. She has also sampled our weight lifting classes.

Daisy is an example of a young person who samples a lot of different activities in her formative years. She has yet to specialise in any one thing.

The Evidence

Why is it that many girls are unable to throw?

There are minimal physical reasons (nature), so it must be the environment (nurture).

Partly it is down to big decline in time spent playing outdoors over the last 30 years.

Partly it is down to a lack of knowledge in the teaching profession about throwing.

25 hours

AVERAGE PER WEEK PLAYING OUTSIDE IN 1985

James was shown the rubric for throwing progressions in 2011 by a colleague from GAIN- Greg Thompson. He had learnt them from a pioneer in the field of observation of human movement: Mary Ann Robertson.

There are a series of developmental stages that young people go through to develop their throwing action - if they are given the opportunity.

With the correct coaching cues and many different types of activities, children can learn and discover and become competent throwers.

5 hours

AVERAGE PER WEEK PLAYING OUTSIDE IN 2005



Daisy practising discus

Some children will become excellent throwers through self-practice. But most don't.

This then hampers their skill development and opportunity in other sports.

Daisy has benefited from being in an environment that has helped her learn to throw.

Who knows what the future holds? But, she has a solid foundation and this allows her to choose from many different activities.

