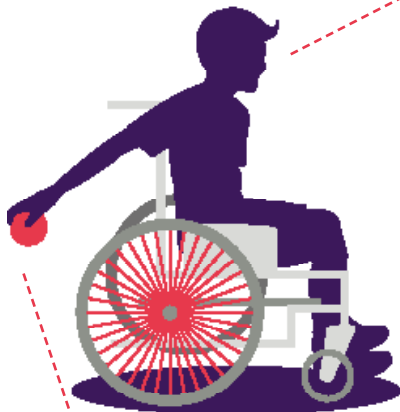


Star Marks card Aiming/throwing to reach a target

Eyes

Face the target, look at and focus on it at all times.



Arm back

Take the throwing arm back straight with hand brushing thigh until it is behind the body.



Release

Move the arm forwards, past the body and release the bean bag or ball using enough force to help it reach and hit the target.

