

Straight Arm Sleeve

Can be used for any ability level.

A exercise which does not allow a player to fully bend their throwing arm.
Prohibits the player push the handle on and push the stone on release.



Using an empty juice bottle, cut the ends off to form a tube.

Tape each end to ensure no damage to player's skin or clothing.

Slide the tube along the arm so that the centre of the tube is located at the elbow.
Different sizes maybe required.

Encourage the player to throw a few stones with a straight arm

The tube should allow a slight bend of the arm.

