



Glossary

Throw-on-a-rope

A throw-on-a-rope is a piece of equipment designed to help young athletes' develop the proper throwing technique for their sport. It is composed of a length of rope with a baton (with a hole in the centre) that can be strung onto the rope. The rope is fastened to a stationary object and the athlete practices their throwing technique by throwing the baton along the length of the rope.