

Which muscle groups contract when taking a throw-in? What are the muscle actions present at the shoulder, elbow and trunk?

What are the components of fitness required for a throw-in? How could a player increase the distance of a throw?



What is the lever system present at the elbow when taking a throw-in? What is the fulcrum, load and effort?

Does the action of a throw-in require aerobic or anaerobic respiration? Explain your answer?