

OVER-ARM

Meaning: Over-arm refers to a technique of movement or throwing in which the arm is raised above the shoulder level, typically used in swimming or throwing sports.

1. The swimmer executed a perfect over-arm stroke, gliding effortlessly through the water.
2. During the baseball game, the pitcher used an over-arm throw to strike out the batter.
3. In tennis, mastering the over-arm serve can greatly improve your game.
4. The coach emphasized the importance of proper technique when performing an over-arm lift in weight training.
5. Her over-arm reach in basketball allowed her to block shots effectively.

Source: sentences.whatistheurl.com

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