

OVERHAND

Meaning: Overhand refers to a motion or grip in which the arm is raised above the shoulder level, typically used in throwing or striking actions.

1. She threw the ball with an overhand motion, sending it soaring through the air.
2. The coach demonstrated an overhand grip for the perfect tennis serve.
3. During the competition, he executed an impressive overhand throw that impressed the judges.
4. For the painting, she decided to use an overhand stroke to create texture and depth.
5. The overhand technique in swimming allows for greater propulsion and faster times.
6. The pitcher delivered an impressive overhand throw that surprised the batter.
7. In the final match, she executed an overhand serve that won her team the championship.
8. He practiced his overhand grip on the tennis racket to improve his backhand shots.
9. The coach emphasized the importance of an overhand technique in baseball for better accuracy.
10. During the swimming lesson, the instructor demonstrated an overhand stroke for efficient movement.
11. She threw the ball with an overhand motion that sent it soaring through the air.
12. The overhand grip on the barbell helped him lift heavier weights during his workout.
13. In tennis, mastering the overhand serve can give you a significant advantage over your opponent.
14. The artist used an overhand technique to create sweeping strokes on the canvas.
15. During the fishing trip, he demonstrated how to cast the line with an overhand flick of the wrist.

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