Master Your Darts

Learning a proper dart throwing technique requires mastery of three fundamental concepts: stance, grip, and throw/follow-through.

Developing control of these essential concepts through practice will allow your dart-throwing technique to progressively and consistently improve over time.

Let's go over these three concepts and learn how they each impact your overall throwing technique.

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Main Factors To Improve Your Dart Throwing Technique

Dart Stance

The stance you assume when you throw a dart will be one of the most influential components of your dart throwing technique, and mastering it will be one of the quickest ways to improve your performance.

However, dart stance is also one of the most individualistic and varied aspects of the dart throwing technique there is.

The stances of untrained or inexperienced players will vary from one person to another significantly. This is because most people aren't typically consciously aware of the way their bodies move.

Most people move without thinking about it. And, why not? Our muscles sometimes receive electric signals from our brains that make our bodies move in ways that we don't outright control.

However, due to the physics intrinsic to dart throwing, this subconscious phenomenon can cause you to perform sub-optimally.

On the other hand, a proper stance can provide your dart throwing technique with control and consistency.

So, what does a proper dart-throwing stance look like?

Your dominant foot should be placed forward. This means that

right-handed players should place their right foot forward, and left-handed players should place their left foot forward.

Your center of balance should be shifted slightly forward, with most of your body weight supported by your front foot. The back foot should be used for support only.

Side On
Dart Stance

Angled
Dart Stance

Best Foot Forward
Dart Stance

Front Facing
Dart Stance

Knees should be kept locked, making sure to avoid crouching, bouncing, or swinging when you throw your dart. You should also keep your feet planted flat on the ground to help you keep control throughout the entire motion.

You should remain fixed in position. The more you move when you release the dart, the less accurate and precise you will be.

For more read our full [Guide To A Better Dart Stance](#)

Grip

How you grip your dart is the next aspect that should be carefully considered when playing darts if you want to ensure proper dart throwing technique.

When dart players mention grip they are talking about how players hold their darts, and this requires finding a delicate balance between comfort and control. As such, proper grip can vary from one player to the next, and as long as the basic mechanics are respected there shouldn't be a problem with that.

The most basic grip around a dart resembles the way people naturally grip around a pencil. This means holding the barrel of the dart between your thumb and your index and middle fingers.

You should avoid a too-firm dart grip, as this makes your hand and wrist stiff. Your grip should be relaxed to promote control.

Be conscious of how your thumb provides support to the barrel, while the top fingers guide and stabilize the dart.

Keep in mind that barrel thickness, weight, and length can affect the way that you grip your dart. Bigger darts may require that you use three fingers up top to be able to achieve a controlled throw.

Keep in mind, however, that more fingers don't necessarily mean a more precise throw.

You should practice different grip techniques and see how your performance evolves.

For more read [How To Grip A Dart](#)

Throw and Follow Through

Throwing your dart well requires a thoughtful setup and a confident follow-through.

Your arm positioning before release will affect the way your dart moves through the air. Keep your arm aligned with the board, raised parallel to the ground, and with your forearm kept off the perpendicular position.

Bring your dart up to your eye level. Your hand should be within line of sight to aid with aiming.

Your throw should be from the elbow. As you move your arm forward to release, your movement should be controlled and deliberate. In other words, you should throw with confidence.

Keep shoulder movement to a minimum. The actual force of your throw should be generated with a flick of your wrist.

Once you release the dart, your follow-through should be smooth and controlled and follow the natural motion of your arm.

Messing up your follow-through is one of the most common mistakes.

Make sure you always follow through with your throws and do it with consistent technique.

Read [How To Throw A Dart With Precision](#)

Putting It All Together To Develop a Proper Throwing Technique

● Your stance should be controlled

● Keep your dominant foot forward and use your back foot for support

● Keep your knees locked

● Keep a relaxed grip

● Follow through with a natural and fluid arm movement

● Practice, practice, practice