



ThrowKit: the Apple Watch measures your dart throw

New iPhone and Apple Watch app shows darts players how repeatable their throwing motion is

Karlsbad, Germany, 28 September 2026. ThrowKit, now available on the App Store, turns the Apple Watch into a practice partner at the oche. Wear the Watch on your throwing arm, and after every session you get an analysis of your throwing motion: wrist speed, drive length, drive effort, follow-through and the rhythm between your darts. From these the app gives each session a consistency score from 0 to 100.

The idea is simple. The player starts a session on the Watch and throws as usual – no camera, no extra sensor, nothing to set up at the board. The Watch picks up the throws from the wrist motion and counts darts and visits live during practice. After the session, the iPhone analyses every throw and shows which measure repeated most closely and which least.

The app is deliberately modest in what it promises. The consistency score says how closely the motion repeated from throw to throw – not how well the player threw. The Watch sees the wrist, not the board: ThrowKit doesn't know where the darts land, so it doesn't claim that a steadier motion means more hits. The app is built by Tobias Bechtold, a left-handed darts player.

Alongside the measures, ThrowKit has guided drills right on the Watch: Around the Clock, Thirty at one target and the Hundred-dart set; players tap Hit themselves when a dart is in. A Tonight card names the measure that repeated least closely lately and suggests a drill to try. A match mode records legs without counting them in the practice numbers. Left- and right-handed players set which wrist the Watch is on.

ThrowKit also takes its own path on privacy: there is no account, no advertising and no analytics. All recordings stay on the Apple Watch and iPhone unless the user exports them.

Pricing and availability

ThrowKit is free on the App Store. Recording, throw detection, the consistency score and the sessions of the last 30 days are free. ThrowKit Pro unlocks the full history, detail screens and trends, a coach using Apple Intelligence, Apple Health workouts and heart rate. Pro costs €4.99 a month, €29.99 a year (with a 14-day free trial) or €59.99 once; other countries pay the App Store's local price.

Requirements: iPhone on iOS 26 and Apple Watch on watchOS 10 or later. The app is available in English, German, Dutch, French, Spanish and Italian.

App Store: apps.apple.com/app/id6811164555 · **Web:** throwkit.app

About ThrowKit

ThrowKit is an iPhone and Apple Watch app that measures how repeatable a darts player's throwing motion is. It is built by Tobias Bechtold, an independent developer in Karlsbad, Germany, and has no account, advertising or analytics.

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Images are free to use in coverage of ThrowKit; credit: ThrowKit.

Fact sheet

Name	ThrowKit (on the App Store: "ThrowKit: Improve Your Throw")
Platform	iPhone (iOS 26) and Apple Watch (watchOS 10 or later)
What it measures	Wrist speed, drive length, drive effort, follow-through, rhythm; consistency 0–100 per session
How	The motion sensors of the Apple Watch on the throwing arm; no camera, no extra sensor
What it doesn't measure	Where the darts land – in the drills, players tap their hits themselves
Drills	Around the Clock, Thirty at one target, Hundred-dart set; match mode
Steel / soft tip	Both – it measures the wrist, not the board
Left / right	Either wrist
Price	Free; Pro €4.99/month, €29.99/year (14-day free trial) or €59.99 once
Privacy	No account, no ads, no analytics; data stays on the user's devices
Languages	English, German, Dutch, French, Spanish, Italian
Developer	Tobias Bechtold, independent developer, Karlsbad, Germany
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