

Interval Throwing Drill

Skill Set: Throwing, Infield, Outfield, Pitching, Catching

Average Time to Complete: 12-15 minutes

Goal: Prepare arm for pitching by going through a proper warm up routine

Set Up: Players in partners spread out along the right or left field foul line, the player on the foul line will stay in that spot as their partner moves back to each distance

One Knee (5-10 ft.)

- Players down on their throwing side knee, glove side knee is up, shoulders square to their partner and throw back and forth, following through on each throw
- Players each make 10 throws, then move back to next progression

Close Squared Throwing (10-15 ft.)

- Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands together and throw back and forth, letting the elbows close on release
- Players each make 10 throws, then move back to next progression

Squared Throwing (15-20 ft.)

- Players stand with shoulders square to their partner, feet shoulder width apart, starting with their hands rotating together and throw back and forth, letting the elbows close on release
- Players each make 10 throws, then move back to next progression

Standing Throwing Position (30-40 ft.)

- Players stand in normal starting position of throwing, take a deep breath, and throw to their partner, rotating and following through, may take a step to throw
- Players take their time throwing back and forth
- Players each make 10 throws

Players 45 feet apart

- Players throw the ball back and forth using good throwing mechanics, may take a step to throw
- Players each make 10 throws, then move back to next progression

Players 60 feet apart

- Players throw the ball back and forth using good throwing mechanics, should take a step to throw
- Players each make 9 throws, then move back to next progression

Players 90 feet apart

- Players throw the ball back and forth using good throwing mechanics, should take a step to throw
- Players each make 8 throws, then move back to next progression

Players 120 feet apart

- Players throw the ball back and forth using good throwing mechanics
- A crow hop should be used to reduce strain on the arm
- Players each make 5 throws, then move back to next progression

Players 130-140 feet apart

- Players throw the ball back and forth using good throwing mechanics
- A crow hop should be used to reduce strain on the arm
- Players each make 5 throws, then move back to next progression

Cool Down

- Players should slow start working their way back to the 45-foot distance, making throws on their way back in

Key points to remember throughout the long toss progression are to:

- Keep good throwing form with the elbow closed on release without flying open
- Keep throws on as much of a line as possible, do not put high arc on throws to increase distance. It is okay if the ball bounced before getting to the partner
- Cool down by slowly moving back in after making 5 throws at the furthest distance so that the long toss progression ends back at 45 feet