

Throwing Mechanics

(Progressive warm-up for catch)

1. Snap Drill (close = 10-20 feet)
 - a. 1 knee (on throwing knee with glove toes pointed at partner)
 - b. Elbow on top of glove – hand up and away from head
 - c. Emphasize four-seam grip, fingers through the center of the ball, forearm extension, and wrist snap = shouldn't see red laces
2. Drag ball (still on one knee but back up five feet)
 - a. Place ball by front ankle
 - b. Drag the ball along the ground and up to throwing position
 - c. Rotate and throw – finish with chest over front knee
3. Hand break position (1 knee – same distance as #2)
 - a. Ball and hand in glove, elbows down and relaxed, front shoulder closed
 - b. Isolate throwing position – ball up with fingers on top
 - i. Catchers break hands up
 - ii. Infielders break hands back
 - iii. Outfielders/pitchers break hands down, back, and up
 - c. Rotate and throw – chest over knee
4. Stride out (standing but feet stay stationary – back up 10 feet)
 - a. Wide base
 - b. Transfer weight from back leg to front leg – do not move feet = use body!
 - c. Finish with your nose over your toes
5. Step in front (crow hop) – back up another 10-20 feet and continue to do so
 - a. Throwing hand foot steps in front of body
 - b. Close shoulders, break hands, and follow through
6. Long toss/hat drill
 - a. Partner throws his cap about 20-30 feet in front of him – use step in front drill and try to hit partners cap in the air = teaches long hop
7. Finish with “hot potato” and “V Tags”
 - a. Especially for infielders = palms together, quick feet, redirect the ball as fast as you can to your partner for one minute
 - b. Same but slapping down a quick “V-tag” in front of the “base”