**SDSU Jackrabbits Baseball
Outfield Throwing Progression**

**FOCUSES:**
- Backspin & Carry (4 seam grip)
- Giving a good hop
- Utilization of bottom half to generate
- Building arm strength/accuracy
- Aim for partner’s left shoulder

1. **Bands**
	1. Internal Elbow Rotation
	2. External Elbow Rotation
	3. Shoulder Forward Rotation
	4. Shoulder Backward Rotation
	5. Sword Pulls
2. **Wrist Flicks** (reinforce focus on loose wrist & generating backspin)
	1. 5-6 flicks @ ~10 feet
3. **Upper Body Isolation** (reinforce shoulder/hip separation)
	1. Feet facing partner
	2. Shoulder turn – arm action & pull down (loose follow-through)
	3. 8-10 throws @ ~30 feet
4. **Build Out** (reinforce lower half utilization)
	1. Feet Shuffle, generate w/ lower half
	2. Long & Loose
	3. Arc
5. **Pull Down In** (reinforce footwork & rhythm)
	1. Alternating ball-in-glove
		1. Groundball (glove foot forward **OR** back)
		2. Flyball (Over glove shoulder)
	2. Crow hop footwork/rhythm
	3. Accuracy (focus on giving a good 1 hop)
6. **Fence** **Pick**-**ups** (during INF quick hands)
	1. Alternating b/w picking up outside of feet & between legs
	2. Deep in legs, Nose over ball
	3. Shuffle & Throw