**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