

THROWING PROGRESSION

Key Points;

- 4 Seam Grip always
- Always throw to chest of target
- “Dominate the Ball” – catch in pocket, make glove POP!

1.WRIST FLICKS (30sec) - 4 seam grip, middle finger and thumb spit ball in half

- Elbow above shoulder, snap and fully extend arm towards target

2.KNEELING FIGURE 8’S (30sec) – Glove side knee up. Hands Together.

- Arms and Torso do Figure 8. Throw and finish with arm across knee

3.KNEELING POWER T (30sec) – Freeze before each throw to ensure proper position

- Elbow above shoulder, “cobra fangs” away

4.STANDING FIGURE 8’S (30sec) – Both feet facing partner

- Emphasise torso rotation and reaching back with arm

5.STANDING POWER T (30sec) – Glove side faces target. Elbow above shoulder/fangs away

- Step, throw and follow through to target...arm across opposite knee

6.TEMPO ARM SWINGS (30sec) – Same position. Weight transfer. Loose legs and arms

- Fwd Back Fwd Back Throw.Arms cross in front on FWD/Separate on BACK

7.BOXERS (30sec) – Same position. More athletic than #6. Hop FWD and BACK like a boxer

- Load, throw then follow through to target with 2 to 3 steps

8.JUMP BACKS(30sec) – Same Position. Weight on front foot, jump to back foot, push & throw

- Over exaggerated load on back leg.

9. 2 STEP CROSSOVER(1min) – Power T position. Focus on footwork of the throw

- Right/Left crossover then throw (replace crow hop)
- Receiver catches ball as if simulating a First Baseman

10.FIELD/THROW/RELAY(2min)- Ball starts in glove / Grounder position

- Pretend field/quick to Power T/ Throw...teach shuffle to get better grip
- Receiver catches ball and turns to glove side as if relaying home

11.LONG TOSS(3min) – Build up arm strength