

Glenview Titans 12U

<http://www.titansfastpitch.com/>

Dear Parents and 12U Titans,

The Holiday Parade was a great success!! Thanks to all! It was a nice way for us to come together as a team outside of the game itself. Hope everyone's holiday season is going well.

Our hope is that you share this newsletter with your daughter as one of the primary goals of this document will be to share tips, explanations for exercises, expectations, etc. Believe it or not, it is hard to fit everything into a 1.5 hour practice each week. This gives us an opportunity to communicate/reinforce key points already covered in practice. Also, this provides a reference for kids to refer outside of practice.

This is just one form of communication. Please note, the Titans Website is the primary site for Titans Fast Pitch info. This is a supplement for the 12U team. I hope you enjoy reading it as much as I enjoy teaching it.

Warm regards,

Titans 12U Coaches

Coach Steve's Tip of the WEEK

Warm-up Throws!! These are more important than most realize.

- Why do we do it?
- What exercises should we do?
- What is the objective or goal of each exercise?
- Ties to other skills in the game?

There are two reasons why we perform warm-up throws at the beginning of practice. The first reason is to **ensure everyone's arm is loose** so that you don't hurt your shoulder when throwing later in the practice. The second reason is to **make sure we are throwing with the correct mechanics**. This will improve accuracy of your



Upcoming Events

December 9

2PM - Practice @ The Dugout

December 6

Pitching Practice for Pitchers
Various Times – Gemini
Middle School

[Date]

Catching Practice for
Catchers??

Important Announcement

Quote of the Week

You earn your trophies at practice. You just pick them up at the tournaments.

throws as well as provide maximum power to make those longer throws across the diamond.

Different coaches have different ideas. On the Glenview Titan 12U team, these are the following exercises we expect you to perform when we say "Loosen up your arms". Exercises should be done in the order listed below. **Note: These exercises are progressive.** This means that the exercises build on each other, so it is important to do them all correctly.

1. Wrist Flicks

a. Purpose

- i. Learn to flick your wrist at the release point of your throw. This improves power.

b. Method / Goal

- i. Place throwing-arm elbow on glove directly in-front of body.
- ii. Throwing arm elbow should be about shoulder height and bent at 90 degrees.
- iii. Focus on using your wrist, not the elbow to throw the ball. Ball should roll up to your fingertips and then "flicked" when reaching the end of the fingers. Ball should be spinning when flicked.



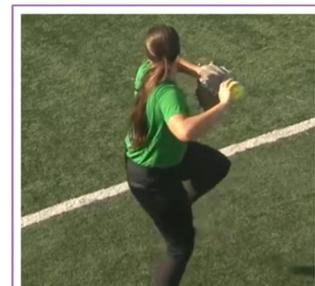
2. Throw from one knee from 9 o'clock position

a. Purpose

- i. Isolate the throwing arm and focus on keeping arm up with throwing motion. Proper mechanics improves accuracy of throws and maximizes power.

b. Method / Goal

- i. Kneel down on one knee. The foot opposite your throwing arm should be in the up position.
- ii. Glove hand should point to your target, throwing hand should be up high, elbow between shoulders and ear and bent approximately 90 degrees. Ball should face away from body.
- iii. When throwing the ball, ensure complete follow through, throwing hand comes all the way down to thigh.
- iv. Make sure to continue the wrist flick at the end of the throw from previous exercise.



3. Throw standing-up from 9 o'clock position

a. Purpose

- i. Ensure mechanics from previous exercise can be repeated from a standing position. This exercise helps improve accuracy.
- b. Method / Goal
 - i. Stand with feet shoulder length apart, glove-side foot facing your target.
 - ii. Throwing hand should be up high, elbow between shoulders and ear, bent approximately 90 degrees. Ball should face away from body.
 - iii. When throwing the ball, ensure complete follow through, throwing hand comes all the way down to thigh.
 - iv. Make sure to continue the wrist flick at the end of the throw from previous exercise.

4. Overhand Flamingo Throw

- a. Purpose
 - i. Include lower body in throw for maximum power. All other exercises lead to this one. This exercise ties to transitions from fielding and catching.
- b. Method / Goal
 - i. Stand with feet shoulder length apart, glove-side foot facing your target.
 - ii. Raise the glove-side knee approximately waist height.
 - iii. At the same time, raise both hands toward the chest, elbows up high, one in front and the other in back.
 - iv. Build tension in the back leg; slightly start to bend the knee.
 - v. Start to push off the back leg at the same time the hands start to separate to the 3 o'clock and 9 o'clock positions practiced in #2 and #3.
 - vi. **Open the shoulders wide**, concentrate on bringing shoulder blades together on your back.
 - vii. Step forward with a good push from the back leg; throw the ball and follow through as you did in previous exercises.
- c. **Important Notes:**
 - i. The expectation is that players transition from most fielding positions to this general throwing position. Granted, the front leg will not be raised like a flamingo when transitioning from a fielding position, but the idea of the weight transfer when raising the front leg is expected.
 - ii. Expectation is to throw the ball with at least 80% power in this exercise. **The way you practice is the way you will play in a game!!!**

5. Quick Toss

- a. Purpose
 - i. Ties the motion of catching a ball to techniques above when throwing.
- b. Method / Goal
 - i. Stand with the glove-side foot in-front, toward your partner. Throwing-side foot slightly behind. Both shoulders should also face your partner, both hands up. You will start by receiving the ball in this exercise.

1. Why should glove-side foot be in-front, toward your partner? Answer: Because you are going to return the ball to your partner directly in-front of you. One key concept in all of sports is to "Play from the ground UP". This means it all starts with your footwork. If you know you want to throw the ball in a particular direction before you catch it, put your feet in order!!! If you are returning the throw back in the direction it came from, you will step forward with your glove-side foot when returning the throw. Therefore, prepare your feet before you catch it so you can return the throw in the least amount of time. This also reduces the chance of getting mixed up with your feet after catching the ball; thus, improving your accuracy. Tip: When catching a ball, always position your glove side foot toward the target you are going to throw.
- ii. When partner throws the ball, catch it out in front. In a smooth continuous motion, bring the hands together at your chest, elbows up (see flamingo throw). As hands come together, also start to shift weight to back leg.
- iii. Push off the back leg, open shoulders wide, hands at 3 and 9 o'clock.
- iv. Step forward and return the ball quickly but accurately back to your partner. Don't throw back so fast that you lose control.
- v. Partner should receive the ball in the fashion above as you throw back and forth.

Trivia Question of the WEEK

Runners are on First and Second base, with one out. The ball is hit to Right Field and drops for a hit. Where do the players below need to be?

- Pitcher Choose an item.
- First Baseman Choose an item.
- Second Baseman Choose an item.
- Third Baseman Choose an item.
- Shortstop Choose an item.
- Left Fielder Choose an item.
- Center Fielder Choose an item.
- Right Fielder Choose an item.
- Catcher Choose an item.

Bonus Question: Where is the play (Where should the ball be thrown) in the question above?

Choose an item.

Answers:

Pitcher - Backup Home, First Baseman – 1B, Second Baseman – Cutoff, Third Baseman – 3B, Shortstop – 2B, Left Fielder – Field the Ball, Center Fielder – Backup Fielder Fielding the Ball, Right Fielder – Backup 3B, Catcher – Home

Bonus Question Answer - Home