

Throwing Progression

Age Level:

All Levels

Position:

All Players

Purpose of Drill:

Develop great habits that players will use every day.

of Coaches/Players

All Coaches/Players

Equipment

Link to Video

Area in the IF or OF

Need to Film

Time of Drill:

15 Minutes

of Reps per Player:

Varies

"TURN"

Turn and square shoulders to their target.

"BREAK"

Teach what the word break means..to break their hands. Leading with your pinky! Pinky out first!

"POWER L"

Elbow around/slightly below 90 degrees and arm forming an "L". Check yourself. Fingers to the SS or pointing behind you!!

"FINISH"

Throw the ball released out in front of you and finishing with your chest over knee!!

Progression

- From One Knee (Snap Wrist)
- From One Knee (TURN, BREAK, POWER L, FINISH)
- Feet Together (TURN, BREAK, POWER L, FINISH)
- Turned Sideways (BREAK, POWER L, FINISH)
- Play Catch (Keep Feet Moving)
- Long Toss (Move Back Every Minute)
- Championship Catch (60 FT - NO TALKING)