**SDSU PLAY CATCH ROUTINE**

**5 THROWS FOR ALL OF THE 7 STEPS**

**FIRST 4 ARE ALL IN ATHLETIC POSITION. TURNED WITH GLOVE SIDE FACING YOUR PARTNER. NO STEPPING WHILE THROWING.**

1. **ARM SWINGS- 25 FEET APART. LET THE WRIST’S CROSS IN FRONT- TURN AND TROW**
2. **ELBOW OVER- 25 FEET APART. FRONT ELBOW POINTING TO TARGET- BALL IN THROWING HAND- AT TOP OF CIRCLE- MAKE COUNTER CLOCKWISE CIRCLES WITH THE FINGERS ONLY- TAKE ELBOW OVER FRONT FOREARM**
3. **TAP AND THROW- BALL IN THROWING HAND INSIDE THE GLOVE HAS TO BE BETWEEN EYES AND CHIN- TAP GLOVE INTO THROWING HAND- ONCE HAND STARTS DOES NOT STOP-**
4. **BELLY BUTTON- 50 FEET- GB FIELDING POSITION- TAKE TO BELLY BUTTON- RISE UP AND GO BACK TURN THROW.**
5. **SCHUFFLE- 60 FEET- BALL IN HAND INTO THE GLOVE- HAVE BOTH BETWEEN EYES AND CHIN- SCHUFFLE FORWARD- BACKWARD- FORWARD THROW- FOLLOW THROW**
6. **WALK AND THROW 90 FEET- HANDS OVER HEAD WITH BALL IN THROWING HAND IN THE GLOVE- WALK AND THROW WHEN YOU WANT TO ( FASTER THE WALK THE EASIER IT IS)**
7. **BALL IN GLOVE WALK- 90 FEET- PUT BALL IN GLOVE TO THE SIDE- WALK AND TAKE BALL OUT OF GLOVE AND THROW**
8. **POSITION WORK WITH THROWS – 90 FEET- INFIELDERS WILL DO DIFFERENT GB – CATHCERS- THROW TO 3RD**
9. **PROGEESIVE LENGTH WITH EVERY 3 THROWS- GET TO THE LENGTH YOU WANT THAT DAY**