

Throwing Drills – Throwing with a purpose

- Always aim to hit your partner in the chest
- Focus on proper mechanics
- Drills work backwards starting with finish

1. Short Lever – “90 degrees”

- a. 8-10 yards apart (more or less depending on age/ability)
- b. On one knee – throwing side knee down, kneel tall, don't sit on foot
- c. Shoulders lined up to target
- d. Throwing elbow at or above shoulder level – 90 degrees
- e. Glove pointed to the target – thumb down – need a strong front side
- f. Hold position for a few seconds before throwing – muscle memory
- g. Follow through all the way past opposite knee
- h. Finish with chin over lead knee – chest and head move forward
- i. NOT ABOUT THROWING HARD/FAST – accuracy
- j. Receiver show a target
- k. 2 minutes

2. Kneeling Hands Together

- a. Further apart than drill 1
- b. Still on same knee – no you can't switch
- c. Shoulders pointed to target
- d. Hold hands together in front of chest before throwing – muscle memory
- e. Separate hands – full range of motion – big sweeping back arm – think circle
- f. Glove pointed to the target – thumb down – then pull back to chest as throwing hand comes forward – thumb now out
- g. Follow through all the way past opposite knee
- h. Finish with chin over lead knee – chest and head move forward
- i. NOT ABOUT THROWING HARD/FAST – accuracy
- j. Receiver show a target
- k. 2 minutes

3. Standing Hands Together

- a. Further apart than drill 2
- b. Standing with stride foot out in front (already stepped towards the target)
- c. Shoulders pointed to the target
- d. Hold position for a few seconds before throwing – muscle memory
- e. Rock forward – hands still together
- f. Rock backward – hands separate as you rock backward
- g. Point glove to the target – thumb down – pulls back to the chest as throwing hand comes forward – thumb now out
- h. Throwing hand follows big sweeping motion back – circle – and then moves forward
- i. Elbow of throwing hand should be at or above throwing shoulder as it moves forward – below is bad
- j. Follow through all the way to opposite hip (remember we're standing now)
- k. Finish with back foot back staying back and pivoting up to the toe for balance
- l. Begin to throwing with a little more force
- m. Receiver show a target
- n. 3 minutes

4. Full Throwing

- a. Start further apart than drill 3 and slowly back up during duration of drill
- b. Stand facing target with both feet
- c. Hands together in glove
- d. Step forward with glove side foot and start to turn hips/chest to the side
- e. Step behind glove side foot with throwing side foot so that it is now in front
- f. Step with glove side foot again so that it is now in front (Standing hands together)
- g. As this foot comes forward again, start to separate hands
- a. Point glove to the target – thumb down – pulls back to the chest as throwing hand comes forward – thumb now out
- b. Throwing hand follows big sweeping motion back – circle – and then moves forward
- c. Elbow of throwing hand should be at or above throwing shoulder as it moves forward – below is bad
- d. Follow through all the way to opposite hip (remember we're standing now)
- e. Finish with back foot coming around and heel pointing up to sky (takes practice)
- f. Receiver show a target
- g. As they get used to it, they will become more fluid and smooth
- h. 3-5 minutes

Can also finish warmup with a competition between partners – “Break the Window”