

Throwing Drills

First teach proper 4-seam grip, balanced stance, how to use legs.

DRILL	DESCRIPTION
1 Knee	Player has throwing knee on ground; other foot/leg out front at 90 degrees. Rotate shoulders, throw, follow through bringing hand outside lead leg to ground, chest to thigh.
Cocking Position	Cocking Position (or Power Position) occurs when lead foot hits ground. Throwing hand holds ball back and at least head high. Bicep/forearm at 90 degrees. Glove arm up and extended. Feet wide; no step. Rotate and throw.
10 Toes	Player stands with feet wide, belly button facing target. Make throw, keeping head and throwing hand directly at target.
Figure 8	Player stands with feet wide, belly button facing target, hands together in front of body. Hands trace a figure eight as shown: ∞. Create rhythm and flow.
Walking Figure 8	Same as Figure 8, but player now walks toward target while tracing ∞. Coordinate hand and foot rhythm.
Boxer	Player stands with feet apart, lead shoulder at target. Shifts weight from front foot to back foot repeatedly, like a boxer's footwork. For rhythm and using legs to throw.
Double Crow Hop	Player stands with feet apart, lead shoulder at target. Take two powerful crow hops toward target, gaining ground and using legs to throw.
Hop Back	Player stands with feet apart, lead shoulder at target. Player hops backward onto back leg, balances and "loads up" on back leg, then pushes forward to throw.
Follow Through Drill	Player stands with feet wide, lead shoulder to target. Throw to partner, following through with hand outside lead leg, below the knee, back gets flat like "table top", back foot rotates (back foot can release with heel to sky, but back leg should NOT "step forward").
Long Toss	Increase throwing distance from 45 to 60 to 90 feet (or more). Crow hop and emphasize using legs and following through. Throw ball on line, even if need to throw on a hop.
Box Squat	Player stands with feet apart, lead shoulder/feet/hip pointing at 45 degrees to glove side. Player rocks back and loads up on back leg, drives forward to throw.
3 Step Drop	Player stands with belly button facing partner like a QB in shotgun. "Drops back 3 steps" (R-L-R for righty), then drives forward (R-L-throw). This drill is to make players have very active feet and legs.
Rapid Fire	Players throw ball back and forth very quickly. Work on stepping toward ball to receive throw and remove from glove quickly. Use feet to get into good throwing position.

Positional Throwing Drill During Warm-Up (Playing Catch)

Infielders

- Simulate fielding position for ball straight at you, field ball, use legs, throw.
- Simulate fielding position for ball to your glove side, field ball, use legs, throw.
- Simulate fielding position for ball to your hand side, use legs, throw.
- Simulate fielding position for double play ball, field ball, throw.

Outfielders

- Toss pop-up to self, catch ball, use legs, throw.
- Simulate fielding ground ball (runner on base technique), field ball, throw.
- Simulate path to field ball in gap, field ball, throw.

Catchers

- In catcher's stance (ball in hand, hand in mitt), do footwork for throw to 2nd/3rd base.
- Roll bunt in front of self, field with proper technique, simulate throw to 1st/2nd/3rd base.
- In blocking position, ball in front on ground. Practice recovery, field ball, throw to 2nd/3rd base.

Pitchers

- Start in balance (pitching) position, throw to target.
- Roll bunt in front/left/right, field with proper technique, simulate bunt/comebacker to 1st/2nd/3rd/home.
- Pitchers can also practice Box Squat, Hop Back, Cocking Position, Follow Through Drill during warm-up.

Drills for Catching the Ball (Younger Players)

Can use Incrediballs, Tennis Balls, etc. for safety and to give players confidence.

- **Coach Toss:** Player in ready position: feet apart, knees bent, hands out front. Coach tosses balls – high, low, FH, BH. Player catches with glove fingers up, down, backhand.
- **Coach Toss II:** Same as above, but now have players work on moving feet, catching ball moving forward rather than stationary or backward.
- **Wall Catch:** Player can throw ball (tennis) against a wall and practice proper catching mechanics on rebound.
- **Partner Catch:** Throws to and from a partner. Coaches – safety concern – make sure a lesser skilled player is not receiving throws from a player who throws hard. Might have a coach toss balls to some players until they learn proper/safe technique.