



# THROWING PROGRESSION SERIES



**27 OUTS. NO MORE.**

The fundamentals of throwing a baseball come down to consistent reps with good core mechanics, done properly, it will yield excellent results. The following is a series designed to teach players quality throwing fundamentals that seamlessly integrate into fielding and pitching mechanics. There is a great deal of variation that can be applied when teaching throwing mechanics, but we believe in keeping it very simple and very consistent, especially for our younger players.

## **The Grip**



We start with a 4 seam grip. Finger pads across the seams with the thumb on the bottom seam.



Ideally, the thumb will be positioned directly between the index and middle finger as shown above. Obviously, smaller hands may not be able to hold ball as described, but they will at some point.

Firmly grip the ball, but make sure that the ball is not gripped too tight, or too loose.

Ball should rest in the fingers and not buried in the palm. We want to be able to snap the ball with our wrists and having it in the palm will prevent that from effectively happening.

## Wrist Flip



- Position players about 3-5 feet away and facing each other straight on.
- Properly grip the baseball with fingers pointing up; hold the ball out in front of the body.
- The throwing arm should be almost level with back shoulder, don't drop the elbow.
- Use the glove hand to support throwing arm just below the wrist.
- Cock wrist back slightly and then, snap! Isolate Wrist only, no coiling back.



- We want to isolate the wrist snap action and teach players how to snap the ball.
- Follow through, but avoid pushing the ball, we want to snap it!
- 2-3 minutes with good reps should do it.



## Elbow Wrist



- At this point, you can move your players back a step or two, depending on the ability level.
- Place glove hand under throwing arm for support, and then throw.
- We are not looking for rockets here, nice and easy, nice and smooth.
- Isolation is now arm motion with the wrist snap. Make sure fingers stay behind the ball.

## Separate

Here we start working our upper body throwing mechanics and again, we are isolating the movement.



- Move players back according to their ability.
- Players start with their lead shoulder pointing at their target, athletic base.
- Break the hands apart and push both thumbs down into what we call the small circle.



- Glove hand faces target, thumbs are still down.
- Back and front elbows rise equally, avoid unbalanced separation, and then throw.
- We are looking for a player's natural arm slot and this exercise will help them find it.
- Look for extremes. If a player's hand is too close to the body or their unbalanced in their throwing position (shoulders are dipping), you will see it and will be able to break it down for them and make small corrections.



- As player throws they should be focusing on their body turn and then snapping with the ball.
- Throw down hill is an expression used to help them get their hand on top of the ball as they are snapping their wrists.
- **No lower body movement;** just separate, turn, throw and then follow through to the opposite hip. Left to right, and right to left.

## Footwork

Now that we have isolated the upper body throwing mechanics, we will then add footwork for accuracy and distance.



- Set up with lead shoulder facing target.



- Separate by pushing thumbs down (small circle).
- Maintain good body position with shoulder.



- Footwork is critical.
- As the hands begin to separate we want to replace our feet. Right foot to left foot, left foot to target. By replacing our feet, we are maximizing distance and accuracy. If the distance is too great, simply replace feet again and fire.
- Crossing over with the back foot causes the upper body to turn and consistency is jeopardized. Replace feet.



- Fire is the term we use when we are ready to throw. Because we have separated with thumbs down in to the small circle, it allows our hand to get over the top of the ball.
- Front foot points to target, glove and front shoulder remain in line with target.
- FIRE



- Finish the throw by following through with throwing arm to the opposite hip, across the body. Righties will finish by their left hip; lefties will finish by their right hip.



- Follow the throw.
- If the previous steps have been completed accurately your body should automatically follow the throw after the ball is released for several steps toward the intended target.
- A proper “follow” ensures that you are achieving maximum carry and accuracy.



## Squaring Up

Now that we have our players throwing with proper mechanics, it is time to square them up and put it all together.



- Square your player up so they are facing the ball.
- Ready to receive. Fingers out towards the ball to engage wrists.
- Thumb to thumb.



- Move body to receive the incoming ball. Always try to catch the ball in front of the body.



- Catch, cover, and begin to separate





- Separate with thumbs down and footwork will happen simultaneously.
- Replace feet



- Fire



- Follow