

Throwing Drills

Wrist Snaps

Players pair up and kneel with both knees on ground 5 yards apart. Players support throwing elbow with glove and, using only wrist action, throw to each other for desired period.

One-Knee Throwing

Players pair up and kneel on ground 10-20 yards apart. Right handed players kneel on right knee with left leg out front. Emphasize proper shoulder turn, hip turn, and **follow through**. Follow through should be the throwing arm crossing over the left leg as player completes throw. Also, the primary objective of this drill is to ensure the player does NOT execute a "leading elbow throw." Coaches must ensure that prior to release, the throwing arm elbow is shoulder high or higher; the forearm is kind of perpendicular to the ground; the palm of the hand throwing the ball is turned 180 degrees away from target. As player throws ball, coach must ensure player does not collapse elbow, hand and ball toward their head.

Wall Drill –

1. Players stand in one lines all facing in the same direction, without glove (except lefties would face opposite!). Players raise both arms to shoulder level, with lower arm at 90 degree angle, palms of hands facing away from each other. Players act like they are pushing two walls apart while their elbows are at shoulder level. The objective at this point is to have them see the position of their throwing hand;
2. then Instruct player to look over left shoulder toward glove hand. Player drops glove hand until arm is straight. Arm should be pointing at target. Coach or teammate places ball in throwing hand and instructs player to step and throw. 8U's can throw to open space with nobody catching. 10U's and above can throw to teammate. Ensure left hip also points toward target. Coach can have player exaggerate follow thru and have throwing arm go all the way past the left leg. The point is to teach a follow through motion.

8U and 10U coaches may want to strongly consider using tennis balls to conduct the Wall Drill or the One Knee Throwing Drill. The point is that while the players are learning correct throwing technique, it may be easier to grip, lift and control a smaller ball.

Relay

Three or more players are spaced up to 50 feet apart from each other. Players make relay throws to each other being sure to turn towards the glove side as they throw to the next player in line. Turn this into a game by awarding prizes to the team that performs the fastest.

Star Throwing

Five players are positioned at normal infield positions. Catcher throws to shortstop. Shortstop throws to first baseman. First baseman throws to third baseman. Third baseman throws to second baseman. Second baseman throws to catcher. Variations: start a runner at home and try to get her into a rundown between home and 3B or between 3B and 2B after making all five throws.

Around the Horn

Players are positioned at their bases with both shortstop and second baseman at 2B. Catcher throws to third baseman who throws to second baseman covering 2B; second baseman throws to first baseman who throws to catcher. Then repeat in opposite direction with first baseman throwing to shortstop covering 2B. Each player applies a tag to "runner" before throwing to next player.

Box Throwing

Players are positioned at respective bases. Throws are made in the following order: catcher to 1B; 1B to 3B; 3B to 2B with second baseman covering. Second baseman throws to catcher who throws back to 2B with shortstop covering. Shortstop throws to 1B; 1B to 3B; 3B to catcher. Each player applies a tag to "runner" before throwing to next player.