

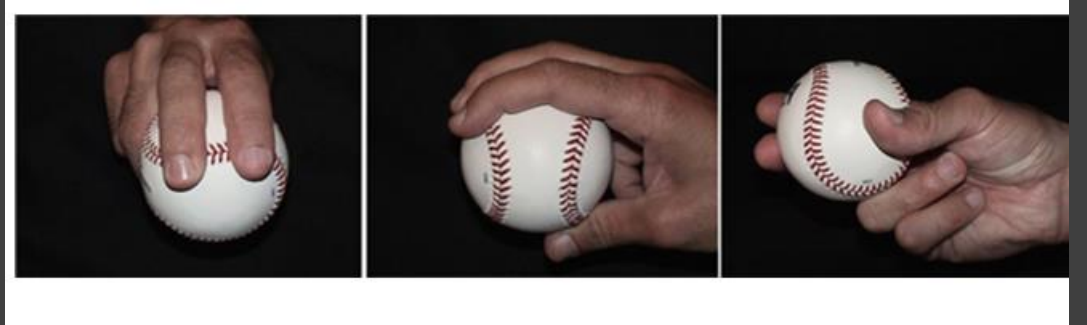
Throwing Mechanics



Grip

- Four Seam Grip

- Index and middle finger on perpendicular horseshoe seam of ball across the Horseshoe
 - Ring finger can be added if ball is too big for player
- Thumb should rest directly below
 - Ideally resting on leather
- Don't Choke the ball
 - Allow for some space between the ball and your palm



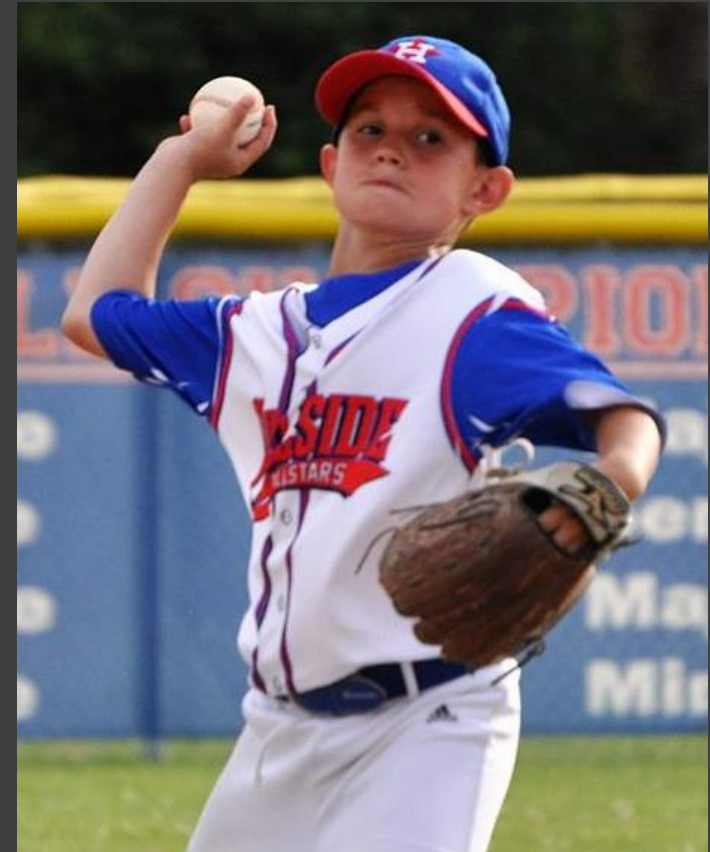
Upper Body

- Power T / Bear Claw / 90/90
 - Facing sideways from target
 - Glove side arm bent with front elbow pointing to target
 - Glove side parallel to ground with level shoulders
 - Pocket of glove facing target
 - Throwing arm bent parallel to ground
 - Back of hand pointing toward target
 - Ball facing away
 - Elbows, shoulders, and head form line to target



Throw to Finish

- Leg drive toward target
 - Use Throwing side leg to drive body forward
 - Glove side toes should open and face target
- Point Glove to target
- Rotate hips to square shoulders to target
 - Pull glove into armpit
- Backside step/pushes through target
- Throwing arm should follow through past glove side knee
- Finish
 - Thrower should finish in Fielding position



Receive

- **Athletic Receiving Position**
 - Bent Knees
 - Throwing hand and Glove have Active
- **Receive**
 - Move feet to catch ball over throwing shoulder
 - Catch the ball with two hands
 - Above waist → Fingers up
 - Below waist → Fingers down
- **Instep**
 - Block-step Throwing side foot toward target
- **Step Glove side foot to square body to Target**
- **Break Hands to get upper body in 90/90 position**