

Throwing Basics

The Main issue we see with kids at the 9-10 age level is improper grip on the baseball. Make sure they are using the 4-seam grip (as pictured below).



The four-seam grip will allow the ball to travel in the air longer and straighter-not to mention, it will add a little velocity as well.

It will take a long time for the kids to master this while playing in the field while making a play- so don't focus on this during the game. Always make sure your pitchers are using this grip.

** Some children may need to use three fingers on the seams vs. two fingers. That's OK for now. Once their hands grow they will need to transition to the two-finger grip ASAP.

**In the picture above, you can see the ball should be near the finger tips. Focus on your players keeping the ball out of the palm of their hands. The deeper the ball is in their hands, the less velocity and accuracy they will have.

**Lastly, the players arm motion should travel the path of a circle until release point—When player reaches into glove to grab ball, hands will break apart and both hands will travel downwards to start the circle. At this point hands will continue to travel upwards forming an imaginary circle, until ball in hand reaches head level and body is now moving forward to throw.

Throwing Drills

15 Minutes

6-Step Throwing Drill

(Each drill/throw is done 12 times per player)

1) One knee Drill (30 feet)

Player kneels with one knee down (throwing side knee). Glove side knee is up. Throw the ball to partner.

2) Loading Drill (40 feet)

Player faces sideways to partner. Legs are spread wide apart. Here the player will hold ball in glove as he forces all his weight to his back leg. Bend the back leg at the knee to really load up power. Now push off back leg and complete the throwing process.

3) Torque Drill (45 feet)

Player faces straight on with partner. Legs are spread wide. The key to this drill is NOT to move their feet until after ball is released. Here they will have ball and hand in glove. Player will rotate their top half of body as far as they can. From here the focus is to use their abdominal muscles and hips to rotate the their top half to create power and make the throw.

4) Balance Drill (45-50 feet)

Player will stand sideways to partner as if they are pitching out of the stretch. Here the player will start with ball in glove and raise front leg as they would do if they were actually pitching off the mound. When leg reaches its 90 degrees from ground have player balance in that position for 2 seconds-making sure they have reached their balance point. From here the player will continue to finish the throw to their partner.

5) Step Behind Drill (50-80 feet)

Player stands sideways to partner. From here player will take one step behind the other as they start their movement toward their partner. The idea here is to really get their momentum moving towards their target. Gradually have each player back up.

6) Long Toss Drill (80+ feet)

Work on arm strength by having each player maximize their distance they can throw.

***With all of these drills make sure players are spread out far apart. In the case of overthrows-which there will be plenty, make sure player returns to their original spot BEFORE they throw the ball back to their partner. Player Safety is very important!