

## Throwing Progressions

This throwing progression works on specific skills in a throw and builds up the different steps eventually to a full throw. It is a good way to slowly warm up your arm and practice a quick transfer from a catch to a throw.

### 1. Wrist Flicks

- **Goal:** Working on wrist strength, a strong snap, and many rotations of the ball; not the speed or distance of the throw
- **Stance:** Partners are square to each other about 5-10 feet apart (depending on age)
- **Arms:** Throwing elbow and arm in front of your body with a 90° bend
  - Elbow is facing partner making biceps parallel to the ground
  - On release, you are only flicking wrist so don't move your forearm forward or back at all
- **Legs:** Lower body does not move – legs stay planted
- **Repetitions:** About 15 good flicks each (about 2 minutes)

### 2. Wrist flicks with forearm

- **Goal:** Still working on a strong snap, and adding the next part of a throw
- **Positioning:** Partners take a few steps back and remain squared to each other
- **Arms:** Start same as in the previous step – arm high and in front at a 90° bend
  - When throwing cock wrist and follow through until arm is flat
  - Do NOT bring arm past the 90° mark before throwing. To avoid that put your glove behind your forearm (in between body and arm) and don't allow your arm to push on your glove.
- **Legs:** Legs are the same – planted and facing partner
- **Repetitions:** About 15 each

### 3. Isolating Upper Body

- **Goal:** 1. Practice good upper body rotation of shoulders  
2. Demonstrate an effective way to separate ball from glove and get in the proper throwing position
- **Stance:** Partners should take a few more steps apart
  - Legs as you would throwing full: feet perpendicular and shoulder width apart
  - Shoulders make a straight line to partner and torso facing perpendicular to partner
- **Upper body:** This is to slowly warm up your arm and work on mechanics – so don't whip it. Take is slow and focus on the fine details.
  - Start with your hand gripping the ball inside your glove in the middle of your body
  - Holding the ball properly on the seems separate ball from glove, pointing glove and hand thumbs down (like drawing a smile with your thumbs starting from the lowest point)
  - Throwing arm is high – elbow is shoulder high, arm is at a 90° bend, ball is facing back (partner should see the back of the thrower's hand, not the ball)
  - Glove is pointed at partner

- Throw easy leading with your elbow at about ear height and bring glove down by your side
- Follow through with throwing hand to opposite hip with throwing shoulder facing partner for maximum rotation of the upper body
- **Lower body:** Legs are staying planted as much as the body allows. The back heel will come up a little when you follow through but as little as possible is the goal.
- **Repetitions:** Around 20-25 each, but as many as it takes to feel warm enough to move on to a harder throw

#### 4. Adding lower body

- **Goal:** 1. Adding the last part of a full throw  
2. Introducing the proper footwork to make a faster and smoother transfer from catch to throw
- **Positioning:** Partners at a regular throwing distance
- **Upper body:** Doing the same steps as before in step 3
- **Lower body:** When catching the ball from your partner step into the throw with your glove foot (similar to a first baseman)
  - This is the first step of the quick transfer footwork – the rest will be done in the next step
  - After catching the ball with your glove foot slightly forward, hold it, then set back up the stance from before with your glove starting in the middle of your body and throw full (using legs and taking a step)
- **Repetitions:** Until arm is warm

#### 5. Practicing quick transfer

- **Goal:** Practice skill of getting the ball out of the glove quickly and going right into a throw.
- **Positioning:** Does not change
- **Upper body:** Continue throwing with proper mechanics from the previous steps
  - Make sure you are separating with thumbs down and elbow is high
- **Lower body:** Staying balanced and sturdy is crucial to making a strong accurate throw
  - Catch with glove foot slightly in front (as done in previous step) and with TWO hands so your hand is already on the ball to make a quick throw
  - Bring glove to ear as your back foot as either crossing behind front foot or coming next to it to take its place
  - Your back foot plants and throw is made off of it
  - The step with your glove foot should be made as you catch the ball and the other steps are one continuous motion into the throw
- **Note:** Take it slow at first because it can get confusing. As it becomes comfortable, practice quicker footwork.
- **Repetitions:** When throwing at full speed make 5 quick throws in a row (not too many in a row or else you get tired and sloppy with mechanics)
- **Coaches:** This skill can be practiced with a few different fun games:
  1. Time them for 30 seconds and see which partner can make the most throws (if ball is dropped don't go back to zero – continue counting)
  2. Another is the first group to get ten throws done wins