

## Coaches: Throwing/Fielding/Pitching Review Sheet

### Throwing/Pitching Delivery

- ✓ Grip(fielder, pitcher)
- ✓ Break at zipper
- ✓ Elbows leading out dominating the throw
- ✓ Scapula pinch
- ✓ Elbow leads hand
- ✓ Elbow above the shoulder
- ✓ Rag Loose
- ✓ Wave goodbye
- ✓ Chest to Glove
- ✓ Reach and Shake

### Pitching Delivery

- ✓ “Learn to throw before learning to pitch”
- ✓ Lift, load, flex, and go
- ✓ Shoulder tilt
- ✓ Shoulder to shoulder
- ✓ Rotation into landing

### Fielding

#### Infield

- ✓ Ready position
- ✓ Feet spread, back flat, butt down
- ✓ Alligator mouth
- ✓ Pull into stomach, lose face
- ✓ Pop, Shuffle

#### Outfield

- ✓ Ready position
- ✓ Drop Step
- ✓ Pumping arms
- ✓ Glove position
- ✓ Footwork
- ✓ Relays

### Drills for Practice

#### **Throwing**

- ✓ drop throws
- ✓ birdman
- ✓ long distance
- ✓ shoulder rotations
- ✓ rapid fire

#### **Pitching**

- ✓ alternate shuffle throw and lift and load
- ✓ 3 lift and loads
- ✓ alternate fast and change
- ✓ dry throws
- ✓ long distance w/ lift and loads

## Page 2 – Sample Throwing/Fielding/Pitching Practice

### **Throwing/Fielding/Pitching Practice**

#### 1:00 Stretch Warm up

- ✓ high knees
- ✓ power skips  
lunge + twist
- ✓ skaters
- ✓ pushups
- ✓ striders

#### 1:10 Team Talk – Throwing

- ✓ elbows leading out,
- ✓ elbow above shoulder
- ✓ glove out

#### 1:15 Throwing Lines

- ✓ wrist flicks
- ✓ one knee
- ✓ birdman
- ✓ shuffle throw (pitchers lift and load)
- ✓ long distance

#### 1:35 3 Stations (15 min)

- ✓ Pitchers-3 Lift and loads (throwing with each other)
- ✓ OF-Running catches
- ✓ IF-grounders throwing to 1<sup>st</sup> (everything game speed)

#### 1:50 Water Break

#### 1:55 4 Corners Relay Race

- ✓ throwing timed from home to home
- ✓ one player at each base

#### 2:10 Bucket Toss

- ✓ 2 teams 2 buckets
- ✓ increase distance more points