



LJYB Player Development
Throwing

January 2010

Key Points

- 1) Throwing a baseball and hitting a baseball have very similar mechanics. In both, there is a: load phase, separation phase, and connection phase.
- 2) Similar to how the key for hitting for power is bat speed, the key for throwing a baseball hard (or far) is arm speed.
- 3) Similar to hitting mechanics, the goal with throwing mechanics is to maximize the kinetic energy that can be generated through both extension (thinking of stretching a rubber band) and torque (think of twisting a rubber band).
- 4) For the emerging youth baseball player, a good analogy for throwing a baseball is the carnival analogy of a Ferris wheel (arm rotation), on top of merry-go-round (shoulder/hip rotation), on top of a go-kart (leg drive).
- 5) For the emerging youth baseball player, the two most important letters in the “load phase” of throwing a baseball are “L” & “T”
- 6) Young fielders can improve their speed and throwing accuracy by developing more leg drive (go-kart). In the infield, this tends to be a shuffle. In the outfield, this tends to be a crow-hop.

The Two Most Important Letters in Throwing – The “L” and the “T”



Whether you are a pitcher or in the field, the load position of every throw should form a modified “L” and “T”.

- The “L” represents the roughly 90 degree angle of the throwing elbow.
- The “T” represents the shape formed by the torso, shoulders and arms through the elbow.



Carnival Analogy for Throwing

Ferris wheel on a merry-go-round on a go-kart



“Ferris wheel”
is Arm Rotation
(back to front)



“Merry-Go-Round”
is Shoulder/Hip Rotation
(closed to open)



“Go-Kart”
is Leg-Drive
(push-off)

