



Throwing for Position Players (non-pitching)

Main Points – Technique

1. Position players should always use a four-seam grip when throwing the baseball, whether playing a casual game of catch or during game play.
2. The throw begins with the actions of the front (non-throwing) side. The thrower simultaneously takes a controlled step directly towards his target with his non-throwing side foot and also points either his glove side elbow or fully extended glove side arm directly towards his target.
3. At the same time, thrower takes the ball down, out, and up out of the glove in a circular motion, creating separation between the hands/arms and resulting in the “T” position.
4. The hand will begin above the ball at first, and shift to being behind the ball as release point approaches.
5. As the throwing motion progresses and the arm comes through, the elbow should be at the same height as the shoulder or slightly above. At higher levels of baseball, different positions will be characterized by slightly different throwing motions. Infielders and catchers will have shorter arm paths with the hand passing closer to the ear in an attempt to get rid of the ball more quickly, while outfielders will have longer arm paths in an attempt to maximize throwing velocity.
7. Release ball comfortably in front of the body, likely short of full throwing arm extension.
8. The position player’s follow through should keep his body going in the direction towards his target, rather than falling off too far towards one side. It may be helpful to teach players to take an additional couple of steps toward his target to train his body to focus the energy on throwing a ball in his target’s direction.