



Throwing Drills

- Find the Grip-Throw the ball up and find the 4-seam “C” grip without looking at the ball. Coach can check player’s grip and correct as needed.
- Evaluation of players-Line up players in one or multiple lines with a coach in front of line. Coach can throw balls to player and players rotate through line. Coach can evaluate quickly the ability of each player.
- Progression of Drill Work from sitting to long toss

Step	Position	Distance	Drill and Focus
1	Seated legs crossed	10 ft	Elbow above shoulder at release point and follow through of wrist and rotation of ball. Hold the throwing arm elbow at shoulder height with glove hand.
2	Two knees	20 ft	Sit up tall on two knees. Take ball out of glove in a downward motion and rotate the torso towards the target with the throw.
3	One knee	20 ft	Sit up tall on throwing hand knee and outstretch glove hand leg towards target. Make circular motion with throw and follow through across the body.
4	Standing facing	30 ft	Two feet set and focus on arm action. Hand split down and make large circle. Follow through down low with arm and bend the back. Remain on balance through the drill.
5	Standing sideways	40 ft	Set feet in line with target and only move the back foot in a pivot motion with the throw. Focus on the circular motion of arm while keeping elbow above shoulder.
6	Step and Throw	50 ft	Throwing hand foot steps towards target and then step with glove hand foot into power position. Focus on a follow through with throwing hand foot.
7	Long Toss	60-90 ft	Throw on a line, not pop-up, to strengthen arm. A long one hop throw is acceptable.

- Play catch with baseball moves-Instead of a simple throw and catch, have players add in baseball move before the throw. Player can mock a ground ball, pop-fly, relay throw, double-play, or any other way to receive a ball in a game situation and make the throw to his partner.
- Play catch with a purpose (for instance):
 - Consecutive catches competition
 - Throwing to partner’s target
 - Each catch by a pair allows pair to spread out one step

- Set up pair of players to play catch based on various criteria. Coach can use this as a way for players to get to know one another. Coach can also set up for players who will make throws to each other during the game to throw to each other: Pitchers to catchers, infielders to first-baseman, outfielders to cut-off men (middle infielders). Coach can also have similar position players play catch together so they can work on similar throws they would have to make in a game situation.
- Quick Throws-Coach feeds a player or group of players at a rapid pace and player has to receive and release ball quickly and accurately. Go in sets of 5-10 feeding the player(s) at various angles.
- Line Drill-One player faces 3-5 players and have to throw the ball to each person and then goes to end of line while first person in line takes the place of the first thrower. Can do this drill as timed competition or race.
- Relay Drill-Set up 4-6 players in straight line 40-60 feet apart. Throw down the line and back using relay and cut-off principles. Can play this as a race.
- Star Drill-5 players spread out in circle and throw the ball to make the shape of a star, can reverse direction as well. Can do this drill as a race or a timed exercise.
- 4 Corners-Set players at four corners of the square at varying distances. Can use short distances to work on underhand feeds or short throws. Can then spread players out to lengthen throws. Can go clockwise then counter-clockwise. Can do this drill as a race or a timed exercise.
- Throwing at Target-Can set up a large and smaller target at a location on the field such as home plate or at a base, and the players have to throw to the target and receive points for hitting various targets.