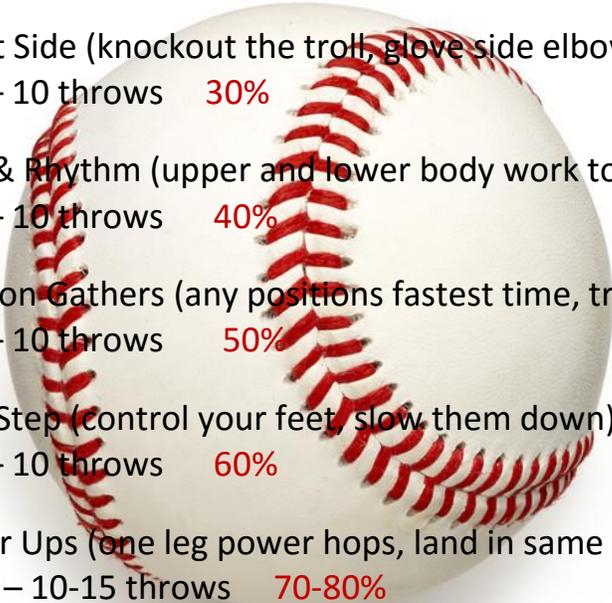


# THE PROGRAM, YOUTH SKILL DEVELOPMENT

## 2016 MWLL Coaches Clinic

### Throwing Program

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- Step 1** Snap Wrist (DOWNWARD angle is more important than accuracy)  
5-10ft – 5-10 throws 10% (of arm use)
- Step 2** Stretch Scapula's (Down & far apart, stretch to a T)  
15ft – 10 throws 20%
- Step 3** Front Side (knockout the troll, glove side elbow)  
30ft – 10 throws 30%
- Step 4** Legs & Rhythm (upper and lower body work together)  
45ft – 10 throws 40%
- Step 5** Position Gathers (any positions fastest time, try to go to fast)  
60ft – 10 throws 50%
- Step 6** Step-Step (control your feet, slow them down)  
90ft – 10 throws 60%
- Step 7** Power Ups (one leg power hops, land in same spot)  
120ft – 10-15 throws 70-80%
- Step 8** Balance Transfers (Maintain balance on landing leg)  
150ft - 5 throws 90%
- Step 9** Let it loose (whole body, should almost be doing a summersault)  
180-210ft – 100%
- Step10** Walk it in to Quick Feet/Fast Hands (feet on the L and focus on footwork and quickness)

\* Adjust Distances according to age (this would be high school/college)

**“Where Work Ethic Is Born & Athletes Are Created”**