**Throwing:**

Purpose: To focus on throwing and the techniques involved.

·     Grip Strength

o   4 seam fastball

o   Not gripping too hard – Don’t break the egg

o   When Throwing:

§  Start wind-up

§  Make a backwards “C” with your arms

§  Look back and see back of hand with ball to the wall

§  Form a “T” with your arms

§  Point at target, and focus on itàlock in

§  Step and release with thumb to thigh

**Throwing Program**

**Distance Throwing:**

o   45’ with 10-25 throws

o   Rest 3 Minutes

o   45’ with 10-25 throws

o   Increase distance to 60’ 10-25 throws

o   Rest 3 Minutes

o   60’ with 10-25 throws

o   (If possible)Increase to 90’ with 10-15 throws (Crow-hop optional)

o   Rest 3 Minutes

o   (If possible)Increase to 120’ with 10-15 throws (Crow-hop Mandatory)

o   Rest 3-5 Minutes (After Throwing is Complete)

o   After Rest, work down, starting at 90’ then 60’ with ten throws each while repeating the previous

   process

* Run 5+ laps to get blood flowing and start healing process

**Star Throwing Drill**

Focus is on quick hands and feet.

Procedure: 5 players form a circle and have one ball.  Spread the circle out to allow for enough space to practice throwing and catching.  The objective of this drill is to throw the ball to the player across the circle by, in one motion, transfer ball to the throwing hand, adjust feet and throw the ball.  The ball will travel in a star pattern.

