

# The Throwing Program



A Guide to Teach Proper Throwing Mechanics  
at Any Age

## Overview

This Throwing Program is for the benefit of the players, coaches, and parents of youth baseball players. Among the many skills required to play the game of baseball, throwing the baseball properly is the most vital. It can make the difference between making a play and coming up short, pitching effectively and struggling on the mound, developing a strong, accurate throwing arm and developing shoulder and arm problems that can limit the enjoyment of the game or end it prematurely. Once a player develops a throwing mechanic, it is extremely difficult (if not impossible) to change. Learning the correct way to throw a baseball at an early age, and continuing to practice good technique, is critical to a player's success on the field.

## The Importance of Throwing

Throwing properly is the most important skill of the game of baseball to learn. Players that do not throw properly will struggle with the game of baseball, will be overlooked by coaches, and may develop bad throwing habits that may cause injury. Implementing a throwing program at the start of playing baseball is vital. In the pages that follow, we will define a simple throwing program that we want our young players to use as much as possible. Proper throwing for 10 minutes 5 days a week in season and 2 - 3 days a week in warmer weather out of season will be sufficient to develop a strong throwing arm, and good technique.

## The Target

Giving a good target, and demonstrating proper receiving technique is very important to the overall training of the thrower. A target should be given with both hands separated and in front of the body, knees and waist bent in an athletic position. The target is important for several reasons, but most-importantly, to make sure the thrower is throwing TO a target, not AT someone. The catch is made with two hands, ensuring that the ball, when caught, is held on to.

Make sure that both the thrower and receiver are actively involved in the Throwing Program. As is the case with all of baseball, there needs to be a purpose to the action. Throwing aimlessly AT someone is a recipe for poor technique and poor results.

## Warming Up

No throwing of any kind should begin until after a proper warm-up is completed. This warm up can consist of a combination of stretching and mild aerobic exercise.

### **“Warm up to throw. Don't throw to warm up”**

#### Suggested Stretching

1. Arm windmills – Start by extending the arms out at the side. Make small forward circles with the arms, gradually making larger and larger circles. Complete the circles by making full windmills (full circles) with the arms. When finished, repeat the stretch by doing reverse circles.

2. Scratch the back – Reach back over the shoulder with one hand touching your spine. Use the opposite hand to pull down on the elbow causing a stretch of the tricep muscle. Hold for a 10 count. Repeat on other arm.
3. Arm crossovers – Allow the arm to hang across the body to the opposite side. Turn the opposing arm toward the body and pull the opposing arm toward the body, using the front of the wrist. The player should feel a stretch of the shoulder. Repeat the stretch for the other arm.
4. Jumping jacks
5. Easy jog/run
6. Toe touches (wind mill)

## Proper Throwing Mechanics

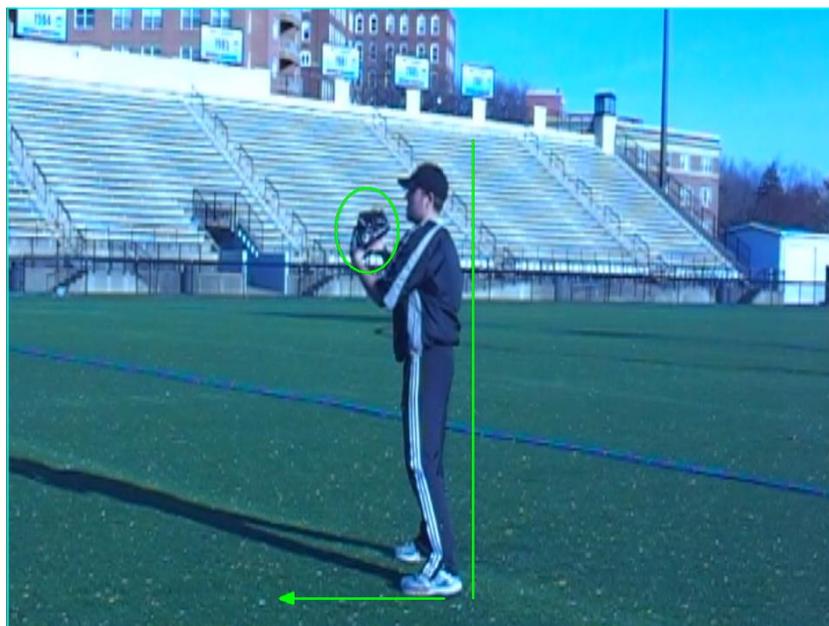
### *Simple Throwing Program*

#### **Part 1: Shoulder to Shoulder Drill (10 – 20 Throws)**

1. Feet parallel to the target
2. Grip = 4 Seam or C Grip (fingers across the seams, fingertips touching the seams as pictured below)



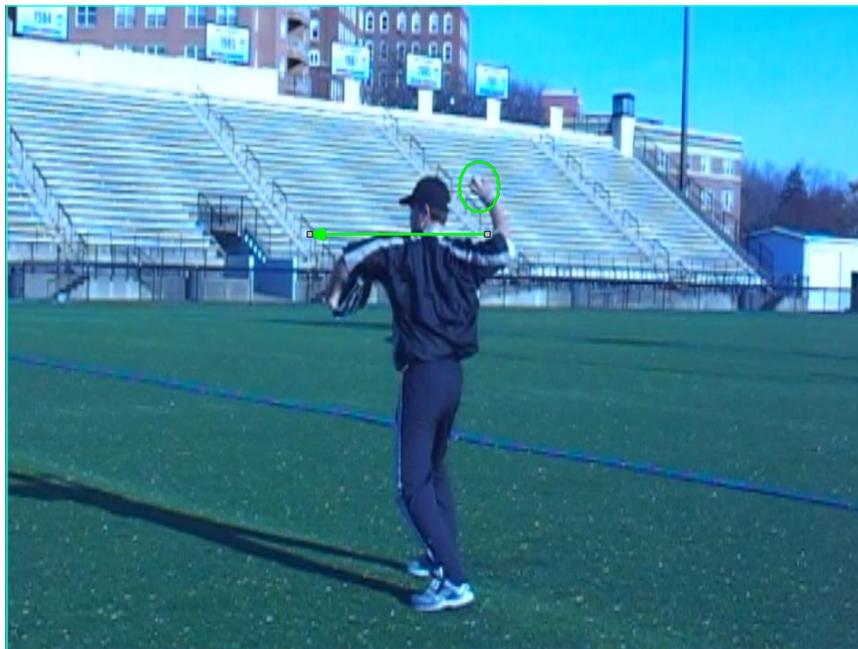
3. Glove in front – like a pitcher



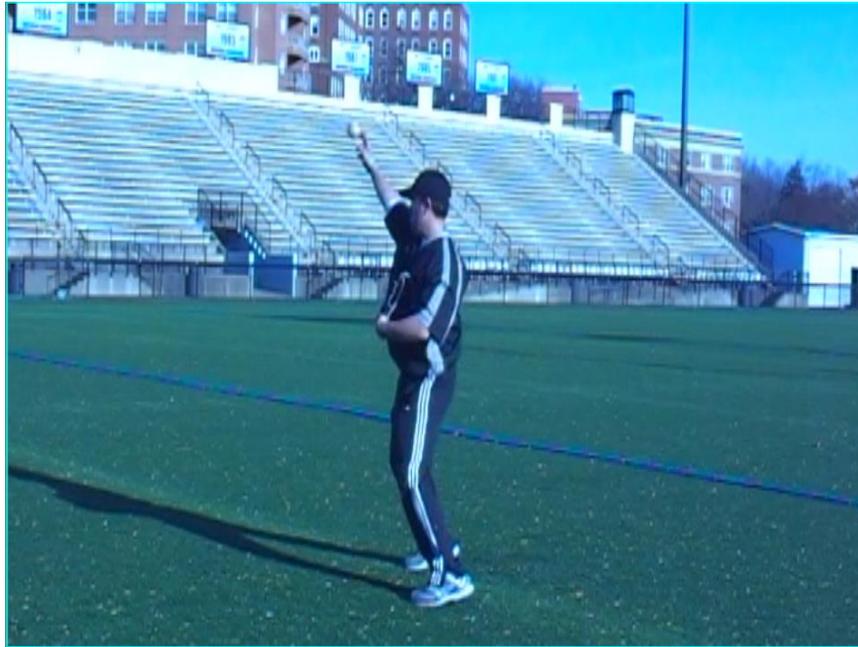
4. Break arms down and in a circle motion to the highest point while keeping feet pointed toward the target



5. Front elbow pointed at target
6. Back elbow in straight line to target
7. Back of the hand facing the target



8. Drive front elbow across the rib cage
9. Release  $\frac{3}{4}$  or over hand to target



10. Follow-thru to the hip



## Part II: Feet in Straight Line (Power Position) Drill (10 – 20 Throws)

1. Side of feet facing the target
2. Hands in front – like a pitcher



3. Break hands circle motion, raising throwing elbow at or above shoulder level
4. Weight distribution 60 percent backside/40 percent front-side
5. Front elbow facing target
6. Back of the hand to the target



7. Explode weight forward, NO more stride
8. Arm across rib cage
9. Finish follow-thru to hip



**Part III: Step & Throw Drill – Putting it all together (10 – 20 Throws)**

1. Start with feet parallel to target (the same as in Part I)
2. Step with the “throwing arm leg first, in front of the glove arm leg” – foot is perpendicular to target
3. Keep the hands together still at this point.
4. Notice that the step is turned in, this will provide the drive because the weight will transfer from the outside of the foot to the inside of the foot allowing for maximum push to the target.
5. Make sure to step in a straight line and not off to the right or left.
6. The glove leg will explode through and now land the same as in Part II of the throwing program
7. The break of the hands happens as the glove arm leg lands to the ground.



8. Notice as the follow-through happens, weight is still moving forward to the target.
9. We like to tell players to keep their feet moving to their target after the throw, this will also keep them in a straight line headed in that direction.