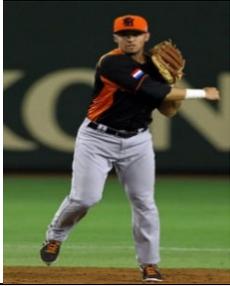


SKILLS AND DRILLS

FUNDAMENTALS: THROWING

<p>Grip</p> 	<ul style="list-style-type: none"> • Grip should be with the index and middle fingertips across the seams of the ball. • Thumb and ring finger are used to stabilize the ball by 'ticking' under the ball on their respective side – not directly underneath the ball • For younger kids with smaller hands, they can put three fingers across the seams. • Ball should be held 'like an egg'... firm enough so it doesn't fall out the thrower's hand but not squeezed to the extent that it would crush an egg. • Aim is to release the ball off the fingertips and create backward rotation, spinning away from their target.
<p>Load & Stride</p>  	<ul style="list-style-type: none"> • Ball has transferred to the throwing hand and the player has his grip on the ball still in or next to the glove. • During the loading stage, the player's weight remains on their back foot and the front foot steps in the direction of their target with their stride leg and front shoulder pointed at the target. • Simultaneously, the ball raises above shoulder level with the wrist rotating away from the body. • Eyes focussed on target. • Glove hand / forearm points in the direction of the target – most important is to ensure that the front shoulder remains closed until the ball is in a ¾ to high arm slot position. • Humerus bone (between shoulder and elbow) of throwing arm should be parallel to the ground. • Forearm should be bent at between 45 degrees and 90 degrees toward the sky... many players have different natural arm slots – except for extraordinary instances, as long as the elbow is not below the shoulder and arm not below 45 degrees or greater than 90 degrees, it is probably OK.
<p>Weight Transfer</p> 	<ul style="list-style-type: none"> • Once the ball is at or near the top of the throwing arm slot, it begins to rotate toward the throwing target. • Simultaneously, the body weight transfers from back leg to front leg (but player still remains balanced, NOT falling forward off balance) – weight transfer is 'linear' toward target, not a rotation, the hips will rotate before release. • The front shoulder begins to clear by the thrower 'tucking' or rotating, in order to clear the lead elbow to the glove hand side of the body. • Eyes remain focussed on target.
<p>Release</p> 	<ul style="list-style-type: none"> • Back foot releases, back heel points to sky – this will help to rotate the hips and open them up to the target... stride foot toes and belt buckle should be pointed at target. • Glove hand and elbow rest comfortably in the waist / chest area on the 'glove hand side' of the body. • Ball facing target at 45 to 90 degrees, elbow at or slightly above shoulder level. • Release the ball in the direction of the target – player should be trying to throw the ball 'through' the target... target should be the receiving player's chest. • Eyes remain focussed on target through the release of the ball.

Follow Through



- After releasing the ball, the throwing arm continues to move freely across the body to naturally slow down momentum.
- The thrower should never try to 'stop' the follow through of their arm... doing so can contribute to accelerated repetitive stress injury of the throwing arm.
- Make sure that the shoulders continue to rotate so that the glove arm does not impede the follow through.
- Allow the front arm to finish naturally, with the throwing shoulder pointing at the target and back leg releasing with the back foot off the ground.

VIDEOS:

GRIP

<https://www.youtube.com/watch?v=vnwVDgviKl0>

Baseball Canada guide on how to properly grip the baseball (it is applicable for all position players).

THROWING MECHANICS

<https://youtu.be/UHRU973uu2c>

Throwing mechanics... using legs and delivering the baseball to your target.