## Throwing Skills





## Most Important Defensive Skill

Possibly the Most Under Coached

## Change the Language



Formerly known as warm up

•It is a Skill - Needs to be treated as such

•Same point of emphasis as:

Hitting, Pitching, Defense, Baserunning





- System Focused and Structured Technically Sound
  - More Efficient & Accurate
- Purposeful with intent Integrate Game Type Throws
  - More Reps Will Become More Confident
- Challenging and Competitive
  - Need to create competition





1.Circle with arm, hand on top of ball – many kinds of arm action

## Hand on Top of Ball













- 1.Circle with arm, hand on top of ball many kinds of arm action
- 2.Equal and opposite key is shoulder elbow line

# Equal and opposite



## Equal and opposite







**Equal and Opposite** 





- 1.Circle with arm, hand on top of ball many kinds of arm action
- 2.Equal and opposite key is shoulder elbow line
- 3.Glove in box athletic not stiff

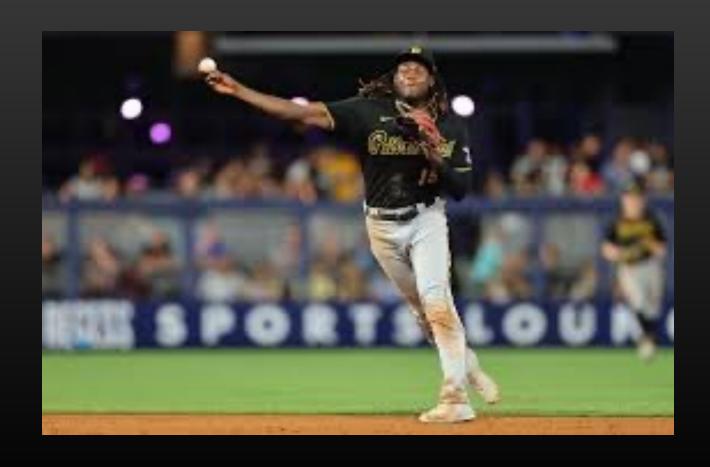
## Glove In Box











## Glove in Box













- 1.Circle with arm, hand on top of ball many kinds of arm action
- 2.Equal and opposite key is shoulder elbow line
- 3.Glove in box athletic not stiff
- 4.Maintain Posture see direction of energy

## **Maintain Posture**

























## Overlooked Keys



## Check grip on ball How hand is in glove

#### Arm Care



#### Arm circles:

- Small, medium and large circles forward and backward.
- 8 -10 circles for each exercise
  - 1. One set thumbs down (both forward and backward)
  - 2. One set thumbs up (both forward and backward)
  - 3. One set palms to the ground (both forward and backward)

#### Surgical Bands



## Throwing Progression

Have a Structured Throwing Progression Monitor Throwing (it is not warm up)

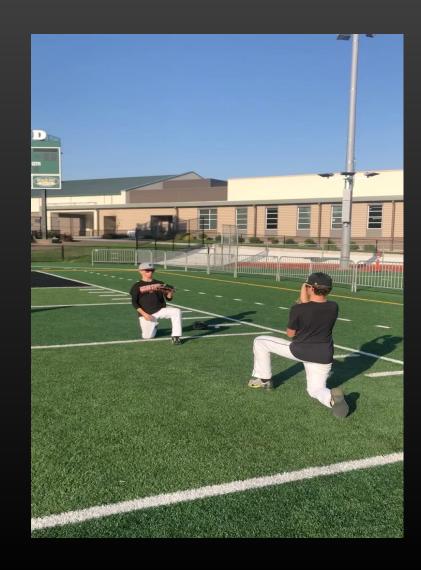
## Throwing Progression

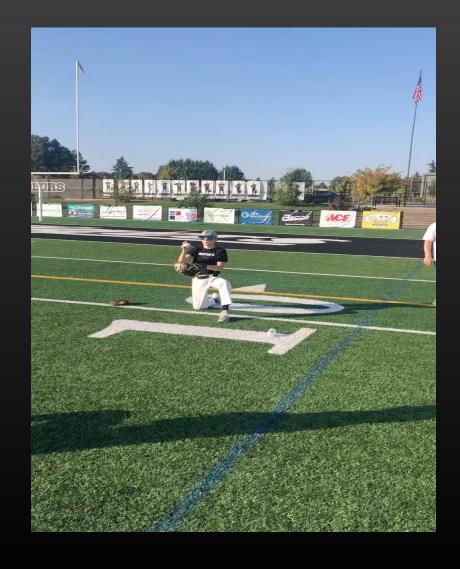
- 1. Wrist Extension
- 2. Elbow Wrist Extension
- 3. One Knee Pause and look
- 4. One Knee Regular Throw
- 5. Parallel Feet Power position jump backs
- 6. Step to Target Rhythm shuffle
- 7. Long Toss pull downs on way back

Gauge Distance by ability and age

## Wrist - Elbow Wrist extension







## One knee



# Equal and opposite

Square stance





## Rhythm Catch

## Finish With:

- Quick catch- feet down, ball out
- Flips- no wrist (spiderman for young kids)
- Short hops- Forehand and back hand
- Run down throws- dart throws (no wrist)
- Arm angle throws

## **Position Specific Throws**

- Catchers
- Infielders
- Outfielders
- Pitchers-pick technique
- First Basemen

## Catchers



- Power leg then work in
- Throws to second, straight, delay, (1st and 3rd)
- Throw to third, straight, situational throws
- Back picks to first
- Bunt throws
- Passed Ball

## Infielders



- Glove Side
- Backhand

Crossover – Pick & Stick Power leg Skip Step – Rake

- Right Foot Slow roller
- Play at Plate 1<sup>st</sup> & 3rds
- Double Play Feeds
- Relays
- Tag and throw
- Quick Catch

### Outfielders



- Glove Side Front
- •Glove Side Behind Reverse Pivot
- Fly ball
- Do or Die
- Long Arm

## Pitchers



#### Pick offs - All bases

- Quick pick
- Balance point picks

Bunt Plays – All three bases 90 ft change up catch

Plays at home plate

Arm Angle throws

Short ground

- Work on specific pitches grips
- Out of stretch work timing

#### First Basemen



- Pick off (gain ground) to 2<sup>nd</sup>
- Play at Plate
- •Bunt to 3<sup>rd</sup>
- •Throw to 2<sup>nd</sup> step inside
- Glove side reverse pivot to 2<sup>nd</sup>
- Overhand to pitchers at 1<sup>st</sup>
- Relays





- Need to find places in practice to compete
- Important to create competitive situations
- As a coach you have an opportunity to make it a healthy experience that will serve them well in the future.

## Throwing games



- Knock out start short, take a step back after every throw
  - sit down if the ball hits the ground
- Relays 30-60 feet away, groups of 4 or 5
- Relay with end run-
  - Same as above except the person at the end must run to the beginning.

## Throwing games



- Flip relay-10 feet apart, groups of 4 or 5.
  - Down and back a certain #
- Back hand Flips
- Short hop relay-10 feet apart
  - ball must touch the ground.
- Target games
  - square feet, 30 feet apart.
  - 1 pt=body, 2pts=head
  - Timed or to a certain score 11/21

## The "YIPS"

- Potential pre-existing mechanical flaw
- Event happens
- Fear of making mistake
  - Creates tension, stress, mental energy
- Focus on mechanics, mind floods, tentative actions

## Things To Do

- Embrace it do not avoid feeling
- Work on mechanics action of the play
- Create plan
  - External focus targeting
  - Have one external key thought mantra
- Embrace growth avoid all or nothing thinking

Marty Hunter: 503-887-1086

Randy Rutschman: 503-709-3652

focusedfirecoaching@gmail.com

www.focusedfirecoaching.com

