

# Throwing Skills



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COACHING & ADVISING

# 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 Criteria

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

# Throwing Mechanics

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

# Hand on Top of Ball



# Throwing Mechanics

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**

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# Equal and opposite





**Equal and Opposite**

# Throwing Mechanics

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



# Glove in Box



# Throwing Mechanics

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





# Maintain Posture



# Maintain Posture



# Maintain Posture



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# 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



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# One knee

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# Equal and opposite

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Square stance





# Rhythm Catch

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## 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

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

# Catchers

- Power leg then work in
- Throws to second, straight, delay, (1<sup>st</sup> and 3<sup>rd</sup>)
- 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

# Create Competition

- 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”

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- 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

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- 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

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