

## Daily Throwing Progression Ages 4-7

Instructional tee-ball/ 4 year olds may throw from outfield baseline into the outfield grass, then chase it. If you are using rubber balls, you may throw into the fence.

Others may be able to play catch right away or as the season progresses. You can also partner kids up who may be ready to play catch.

- One position (you can use whatever language you want ... it is a four part process)
  - o ground ball stance
  - o hands in front of body, ball in glove on ground
  - o alligator hands
- Two position
  - o bring hands to center of chest
  - o get body turned/ front shoulder pointing to target
  - o athletic stance
- Three position
  - o make sure we are gripping the ball across seams
  - o break hands in the center of chest
  - o back elbow above back shoulder
  - o front elbow pointing to target
- Four position
  - o step to target
  - o release ball in front of the body
  - o follow the throw with the feet

Older or more experienced players may be able to do these throwing drills as well:

One knee and/ or Two knee

- \*arm side knee is down
- \*separate ball from glove
- \*front shoulder to target
- \*back elbow above back shoulder
- \*bring chest to glove (do not drag glove)

Walk behinds/ step behinds (aka "heel clicks")

- \*RH – left/ right/ left/ release
- \*LH – right/ left/ right/ release
- \*carry the feet through the throw
- \*gain ground after the throw ... we should be shuffling forward through the throw
- \*stay down in an athletic stance
- \*do this at varying distances ... 30/60 feet x 10 or 12 reps each