

Daily Throwing Progression – Adapted from PHS/ BSH practice plan  
Ages 8 – 18

- \*Throwing progression occurs in the outfield grass.
- \*One partner stands on the baseline and another in field.

Coaching points

- four seam grip/ grip the ball across the seams
- ball and glove in center of the chest/ break the hands in the center of the chest
- hand behind the baseball
- point front shoulder to target
- step/ release/ follow through

Ball flips at 10 feet

- \*glove under throwing elbow
- \* 4 seam grip (grip baseball across the seams)

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)

Ten toes

- \*facing partner
- \*feet are square and shoulder width or slightly wider apart
- \*feet do not move during the throw
- \*break hands, turn front shoulder and waist, finish the throw

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 ... 30/60/90 feet x 10 or 12 reps each

Long toss x 6 or 8 reps

- \*players can probably do this twice a week
- \*emphasis - staying down in an athletic stance ... build on form used in previous steps
- \*emphasis – carry the feet through the throw

Walk it back in ... tossing as we return to our partner

Quick hands drill 3 x 30 second sets

- \*15 feet apart
- \*down in athletic stance
- \*throwing hand behind or near glove
- \*flip ball to partner/ return
- \*practicing quick catch and clean release