

I. DAILY THROWING ROUTINE:

- A.) One Knee:** FB only using 2 or 4 seam grip. Glove side knee should be up and facing your partner while throwing side knee is down and perpendicular to the front knee. Break your hands. Now take your throwing arm should go down, back, and up. The “eyes of the ball” should be pointed straight behind you. **DO NOT LET THE THROWING ELBOW GO BEHIND YOUR CHEST!!!** Your glove comes to your chest and front elbow faces the target. Now pull the glove to your hip (Hit the midget). Your throwing hand should be extended slightly out from the ear but even with the ear. Now throw your hand forward to the target while keeping your shoulders level and your belly button pointed straight to the target. Extend your throwing arm towards the target, “eyes of the ball” looking towards the target, reaching as far as you can before snapping the ball off. Finally, bend straight towards the ground from your waist. Your throwing arm should slow down and come to rest outside your front leg.
- B.) Square Drill:** FB only using 2 or 4 seam grip. Feet should be spread apart, facing your partner. Break your hands. Now rotate your hips taking your throwing arm down, back, and up. The “eyes of the ball” should be pointed straight behind you. **DO NOT LET THE THROWING ELBOW GO BEHIND YOUR CHEST!!!** Your glove comes to your chest and front elbow faces the target. Your throwing arm-side knee should be turned in slightly allowing the same heel to come off the ground. Now pull the glove to your hip (Hit the midget). Your throwing hand should be extended slightly out from the ear but even with the ear. Now throw your hand forward to the target while keeping your shoulders level and your belly button pointed straight to the target. Your glove side knee should now be turned in slightly allowing that heel to come off the ground. Extend your throwing arm towards the target, “eyes of the ball” looking towards the target, reaching as far as you can before snapping the ball off. Finally, bend straight towards the ground from your waist. Your throwing arm should slow down and come to rest outside your front leg. Rotate your hips while rotating your throwing arm down, back, and up into a good power position. Throw the ball on a downward plane to your partner, making the ball rotate or spin as much as you can between you and your partner. Finish strong, chest out over front knee, and throwing arm extended.
- C.) Power:** FB only using 2 or 4 seam grip. Position yourself toe - to - toe or as you would if you were delivering a pitch in a game. Break your hands while still keeping your chin over your back knee over ball of back foot. Glide out to your power position. Your throwing arm should go down, back, and up. The “eyes of the ball” should be pointed straight behind you. **DO NOT LET THE THROWING ELBOW GO BEHIND YOUR CHEST!!!** Your glove comes to your chest and front elbow faces the target. Keep your weight back, front toe and back toe in straight line with front toe pointed to 1:00. Now pull the glove to your hip (Hit the midget), and squish the bug with your back toe so that the laces face the target. Your throwing hand should be extended slightly out from the ear but even with the ear. Now drive off your back foot so that you get your chest out in front of your front knee. Shoulders remain level and your belly button pointed straight to the target. Extend your throwing arm towards the target, “eyes of the ball” looking towards the target, reaching as far as you can before snapping the ball off. Finally, bend straight towards the ground from your waist. Your throwing arm should slow down and come to rest outside your front leg.

- D.) Balance: FB only using 2 or 4 Seam grip. Stand as if you are talking to someone. Raise your knee to the sky. **RELAX YOUR FOOT AND CONCENTRATE ON ONLY RAISING THE KNEE TO THE SKY!!!** This will allow the foot to follow into a proper position. You should have a right angle in your knee. Now break your hands while still keeping your chin over your back knee over ball of back foot. Glide out to your power position. Your throwing arm should go down, back, and up. The “eyes of the ball” should be pointed straight behind you. **DO NOT LET THE THROWING ELBOW GO BEHIND YOUR CHEST!!!** Your glove comes to your chest and front elbow faces the target. Keep your weight back, front toe and back toe in straight line with front toe pointed to 1:00. Now pull the glove to your hip (Hit the midget), and squish the bug with your back toe so that the laces face the target. Your throwing hand should be extended slightly out from the ear but even with the ear. Now drive off your back foot so that you get your chest out in front of your front knee. Shoulders remain level and your belly button pointed straight to the target. Extend your throwing arm towards the target, “eyes of the ball” looking towards the target, reaching as far as you can before snapping the ball off. Finally, bend straight towards the ground from your waist. Your throwing arm should slow down and come to rest outside your front leg.
- E.) Glide To Stride: Start in the stretch or set position. Glide to the mini-balance position. Exaggerate the balance position. Now break your hands while still keeping your chin over your back knee over ball of back foot. Glide out to your power position. Your throwing arm should go down, back, and up. The “eyes of the ball” should be pointed straight behind you. **DO NOT LET THE THROWING ELBOW GO BEHIND YOUR CHEST!!!** Your glove comes to your chest and front elbow faces the target. Keep your weight back, front toe and back toe in straight line with front toe pointed to 1:00. Now pull the glove to your hip (Hit the midget), and squish the bug with your back toe so that the laces face the target. Your throwing hand should be extended slightly out from the ear but even with the ear. Now drive off your back foot so that you get your chest out in front of your front knee. Shoulders remain level and your belly button pointed straight to the target. Extend your throwing arm towards the target, “eyes of the ball” looking towards the target, reaching as far as you can before snapping the ball off. Finally, bend straight towards the ground from your waist. Your throwing arm should slow down and come to rest outside your front leg. Hold the finish position again for 3 - 5 seconds while keeping the back heel to the sky.
- E.) Finish: Start from the full wind - up position; drop step, pivot, knee scrape come to balance. **FINISH DRILL SHOULD FLOW UNOBSTRUCTED FROM BEGINNING TO END!!!!**
- G.) Flash: Stand about 70-90 feet away. Roll a ground ball. Player fields the ground ball using proper fielding mechanics. He then proceeds to hop forward with his front shoulder facing the target and his chest facing away. When he hears the word “NOW” he throws the ball with his feet still moving. Most players will stop and try to make a pitch. We need to be able to throw with our feet moving. If we stop, our throw will die and fall short. If we keep moving and throw our hand to the target, we get better arm speed and more carry on our throw.

- FB: Fingers are behind the ball and we throw the back of the baseball.
 CH: Fingers are behind the ball but we throw the top of the ball at release.
 BB: Fingers are different for different BB types, BUT we throw the outside of the ball.

PITCHERS ONLY:

KEY NOTES: Each drill should utilize our throwing sequence:

RHP: 3 Low and Away / 1 Up and In	3X
3 Low and In / 1 Up and Away	1X
LHP: 3 Low and Away / 1 Up And In	2X
3 Low and In / 1 Up and Away	2X

You must continue to work on your own, dry drilling, shadow boxing, etc.

II.) LONG TOSS ROUTINE:

A.) This is the warm - up phase. The pitcher should make 10 - 15 throws from this distance. FB only. Once the pitcher has reached his 10 - 15 throws he should begin to move back 2 or 3 steps with each throw. Once at 60' move to step B.

B.) Once the pitcher reaches 60' he should begin to crow hop with every throw. We continue to move back 2 or 3 steps with every throw until we reach our maximum distance (180' - 220').

******MAXIMUM DISTANCE:** a pitcher's maximum distance is the point where he keeps his throws on a straight line with only one bounce to his partner. There must be absolutely no arc on these throws.****

Now move to step C.

C.) Continue with FB only. At a pitcher's maximum distance he now makes 10 - 20 throws depending on the condition of his arm. 180' - 220' should be the maximum for most pitchers (especially during the season). Now move forward towards your initial throwing distance 2 or 3 steps with every throw. Begin to throw CH, maintaining FB arm speed and continuing to crow hop. Stop at 70' and go to step D.

D.) Pitcher should continue to throw CH, maintaining FB arm speed and continuing to crow hop. Throw 10 - 15 throws from this distance.

KEY NOTES: Once a pitcher reaches his maximum distance you can have him pick up his target then close his eyes, crow hop, and throw. This is a great tool for the pitcher to maintain his sense of direction and help to improve his ability to stay with the throw.

Be just as dedicated coming back in and throwing CH as you were going out and throwing FB. **YOU MUST MAINTAIN FB ARM SPEED WITH YOUR CH FOR IT TO BE EFFECTIVE.**

When throwing long toss, the pitcher must concentrate on his angle of release, fully extending the throwing arm, while the hand works behind and over the ball.