

## Learning to Throw: Coaching Tips

A good, strong throwing motion starts from the power position. In the power position, the player's body is properly in line and ready to make a throw.

### Basic Throwing Mechanics

- The ball should be facing away from you.
- Your throwing arm should be directly behind you with your elbow slightly bent.
- Your glove arm should be a little bent and almost horizontal to the ground. You should be able to read a watch on your wrist.
- Your glove elbow is pointing toward the target.
- Your front foot is pointing towards the target.
- Your hips are timed with the throwing arm.
- Your trunk rotation creates the power.
- Follow through with your throwing arm and trunk.

### At Olmsted Medical Center

Olmsted Medical Center's Sports Medicine & Athletic Performance department offers many programs to teach and refine your skills. To sign up for a program or talk with our throwing specialist, call 507.535.1977.

- Throwing Evaluation Program
- Group Overhead Programs
- Summer Strength, Agility, and Quickness (SAQ) Programs
- Personal Training Program

