

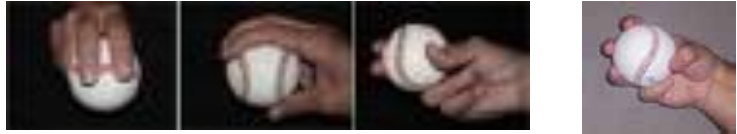
Orono Baseball Association—Player Training Guide

LESSON: Spartan Throwing Progression

PURPOSE: Learn Throwing Fundamentals consistent with OHS throwing progression

Step 1: "Grip"

4 seam grip provides best throwing control
Two or three fingers "across the horseshoe"
First knuckle grips the red lace



Step 2: "Snaps"

Stand shoulders square to partner
Throwing elbow raised to shoulder level
Rest throwing elbow on glove
Draw ball back to ear then snap toward target
Distance is close (approx 10-15 ft)
Rotation is backward → basketball freethrow



Step 3: Glove Knee Toss OR Standing Skateboard Toss

(Focus—upper body rotation, no feet)

Glove knee down pointing to partner

- Raise glove /glove elbow to target
- Extend throwing arm back with fingers on top of ball, thumb under ball
- Raise elbow over shoulder to throw
- Nose and chin to target (partner's chest)
- Follow through across down knee thigh
- Tuck in glove while throwing under arm pit



Skateboard—same exercise standing on a skateboard

- "On skateboard" glove side to partner
- Rotate weight to rear hip with glove point to target and throwing arm elbow raise
- Follow through across chest



Step 4: Step and Throw

Add a stride with lead foot turning toes to target
Momentum of full body follows through throw
Follow through with trailing foot—"nose to leather"



Step 5: Hops

Add three hops to previous drill on rear foot
Builds momentum for long throws

Step 6: Long Toss

Increase distance—focus is accuracy not velocity
Shorten distance at end—reset throws on a line