

## **Baseball Throwing: Warm-up Progression**

### **Wrist Flips – 5-8 Reps**

1. Four Seam grip
2. Toes pointed at partner
3. Glove across forearm and elbow above throwing shoulder
4. Stick forks in ground
5. Snap of wrist

### **L –Position – 5-8 Reps**

1. Toes pointed at partner, feet just beyond shoulder width apart (Athletic width)
2. Glove tucked in armpit
3. Throwing elbow above throwing shoulder
4. Arm Forms an “L” shape
5. Four seam grip
6. Fingers behind baseball (Not on the side)
7. Follow through, bend at the waist, try to touch the ground

### **T-Position – No follow through – 5-8 Reps**

1. Toes pointed at a 90 degree angle from partner
2. Front elbow and glove side hip or glove pointing at partner
3. Throwing elbow above throwing shoulder
4. Four seam grip
5. Fingers on top of baseball
6. Throw through “L” position
7. Use glove for torque and tuck into armpit during throw
8. Bend at waist, chest to front knee

### **Power T-Position – No follow through – 5-8 Reps**

1. Start with Ball in Glove
2. Rock forward shifting some weight to front foot
3. Rock backwards shifting weight to back foot
4. From this point kids follow same steps as T-Position

### **Power T-Position with follow through – 5-8 Reps**

1. Same steps as Power T-Position
2. Back foot follow through – Heel to sky!

### **Step and Throw – As many reps as needed**

1. Step with opposite foot to start the throw
2. Leads into the complete throwing motion
3. Check that the kids are following through

## **Long Toss – Reps depend on time of season**

1. Crow hop out, not up!
2. Step and throw with more momentum, under control
3. Flat throws, no rainbows
4. One hop or two hop if needed
5. Easy, fluid motion (No strain)
6. Check for follow through, under control

## **Spot Drills – 10 Reps**

1. One kid is the pitcher, the other the catcher
2. Best of 10 on hitting their spots
3. Focus on mechanics (Balance point, bending over, release point)
4. Pitchers can work on change-ups
5. Loser does pushups