



SAYB - Throwing Program(four-seam, two-seam, change-up)

Courtesy of Nic Maylone

Position 1 Wrist Flips (5-10 throws) Partners 5' away

Right knee on ground, left foot flat on ground. Back straight. Right arm parallel to ground. Elbow bent 90 degrees. Using only wrist, player flips ball to partner. Throw should be on a line.

Position 2 – Knees/Power T (5-10 throws) Partner 10' away

Right knee on ground. Left foot flat on ground. Back straight. Start with left elbow pointed at partner, hand and ball in glove. Player "breaks" ball from glove and bring it back. Right arm parallel to ground. Elbow bent 90 degrees. Ball points away from partner. Player throws ball to partner and continues through until his right hand is directly left of his left foot. Have the player visualize "grabbing the grass" after the throw.

Position 3 – Cement Feet (10 throws) Partner 15' away

Players stand and begin regular throws. Feet are stable and pointing at target/partner. Focus should be on grip, rotating hips, arm being parallel to the ground when ball is at the back of the motion and follow through with full shoulder turn. **Practice grips.**

Position 4 – Rocker Throw (10 throws) Partner 20' away

Players have wide stance – move backwards/forwards and follow through on throw. **Practice grips.** Alternate add-on – balance drill/competition in pitching position or balance on stride foot/wrist flaps.

Position 5 – Step to Throw (20-40 throws) Partner starts 25' away

Players stand and begin regular throws. Step to throw. Focus should be on grip, arm being parallel to the ground when ball is at the back of the motion and follow through with full shoulder turn. The player on the line facing the fence takes three steps back after every three throws. This stops when the players begin to have difficulty making the throws "on a line." This is considered Long Toss.

Position 6 – Long Toss (20 throws) Partner starts at Long Toss Distance

Player should make Long Toss throws by getting his body behind the throw using a "crow hop" motion. Complete 20 throws. Once this is complete, outfield player moves in three steps after every three throws until they arrive at 15'.

Alternate Long Toss – competition during long toss to hit cone/hat.

Position 7 – Fast Toss (10+ throws) Partner 15' away

Players stay low and work on a fast transfer and release. **Competition:** 21 – winning team completes 21 catch/transfer/release the fastest without dropping the ball.

*Additional pitching training drills: balance drill/competition in pitching position, balance on stride foot/wrist flaps, towel drills, pitching with training balls/black marker on ball.