

Defensive Fundamentals

THROWING DRILLS-MAY NEED TO ADJUST DISTANCE S *DAILY HIGH SCHOOL ROUTINE (EVERY PRACTICE AND PRE-GAME 5-10 REPS EACH)

1) Kneeling Wrist Flips

- Glove knee up, keep toe closed.
- Hold elbow with glove hand.
- Flip ball to partner using all wrist. Do NOT move elbow.
- Hand should be in "Goose neck" position

2) *Kneel Throw (20' apart)

- Throwing side knee down
- Point with glove
- Give goal post target
- Ball facing the wall
- Bend in the elbow
- Emphasis on closing your shoulders, hand to opposite toe.

3) Flamingo Throwing (20' apart)

- Isolate the legs
- Focus on hip movement.
- Stay in closed position and move hand back to throw.

4) *Standing (T) Throw (30' apart)

- Stand sideways to target
- Give goal post target
- Use full arm motion
- Follow through to the ground, shoe laces to the ground

5) *Normal Step & Throw –Regular catch (40' apart)---Body Shot game to 10

- Turn body to throw
- Give goal post target
- Full arm motion over the top
- Follow through to goal post target
- Snap body into throwing position at catch

6) *Quick Release Drill-----"Speed" (30'-40' apart)

- Goal post at the shoulders
- Keep both hands ready and at the glove
- Set your feet as you catch the ball
- Use quick crow hop to release the ball (emphasis on quick)

7) *Crow Hop Throw/Long toss (60' apart)

- Emphasis on hop with throwing side leg
- Develop strength and accuracy
- Cannot over emphasize
- Continue to follow through to goal post

8) Relay

- Get with another partnership to make a group of 4
- Line up and throw a relay down and back
- Switch from an inside to an outside person or vice versa and repeat down and back

9) Run down (20'-30' apart)

- Get with a group of 5.
- Run hard at them, so she fully commits to going to the next base
- Show the ball to your partner as you run toward them
- Use wrist in a dart like throwing motion
- Follow your throw

PARTNER DRILLS AS A TEAM

- All players throw at the same time.
- Player that missed must sprint to ball and sprint back to the team.
- Team members encourage hustle.
- Build team unity.
- Once you are done with this portion then do self-toss until all groups are ready to change drills.