

HUDSON BOOSTERS, INC.

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Throwing program for 9-14 years old

This throwing program is designed for after your players have warmed up and stretched

10-15 Wrist flicks at 8-10 feet

15-20 Rock backs at 15-30 feet

10-15 Heal clicks at 75-120 feet

Wrist flicks – while holding a ball in a 4 seam grip your player should place his throwing elbow in their glove and using their wrist create backspin on the ball to their partner. Do not straighten the throwing arm. Just use the wrist to flick the ball.

Rock backs – standing square (not facing them) to your throwing partner and keeping both feet on the ground, rock forward, then back while separating your hands then moving forward make the throw. Do not step with your front foot on this drill. After throwing, follow the arm down and let it dangle.

Heal clicks – Standing square to your partner jump and click your heels together land on your back foot, push off and throw a high arching ball to your partner.

Depending on age, coaches should move the players back according to how far they can throw. After the heal clicks the players should move in a few steps at a time and when they do, they should be throwing the ball on a line to their partner. Once they are in to about 45-60 feet (distance from home to the mound) they should play quick toss. Total time should take about 10-15 minutes.