

BASIC THROWING GRIP

Get a good grip on the ball before you throw it: **1** Put your first two fingertips on a seam, about an inch apart. **2** Hold your thumb under the ball. This balances the pressure of your fingers and keeps the ball out of your palm.

The best place on the seams to put your fingertips is along the side of the “U” or “horseshoe.” This is called a 4-seam grip

because the seams cut through the air four times for every revolution of the ball. This action makes the ball travel faster and straighter.



HAND BEHIND THE BALL

Establish proper hand-to-ball relationship:

A strong throw requires positioning your hand directly behind the ball as you release it. This maximizes your power.

1 Draw a line through the exact middle of a baseball and paint half of it black. Grip the ball as shown, with **2** the line splitting the power fingers and thumb on the line.

Thrown properly, the two colors will stay cleanly separated. If you let your hand move to the side, the line between the colors will wobble.

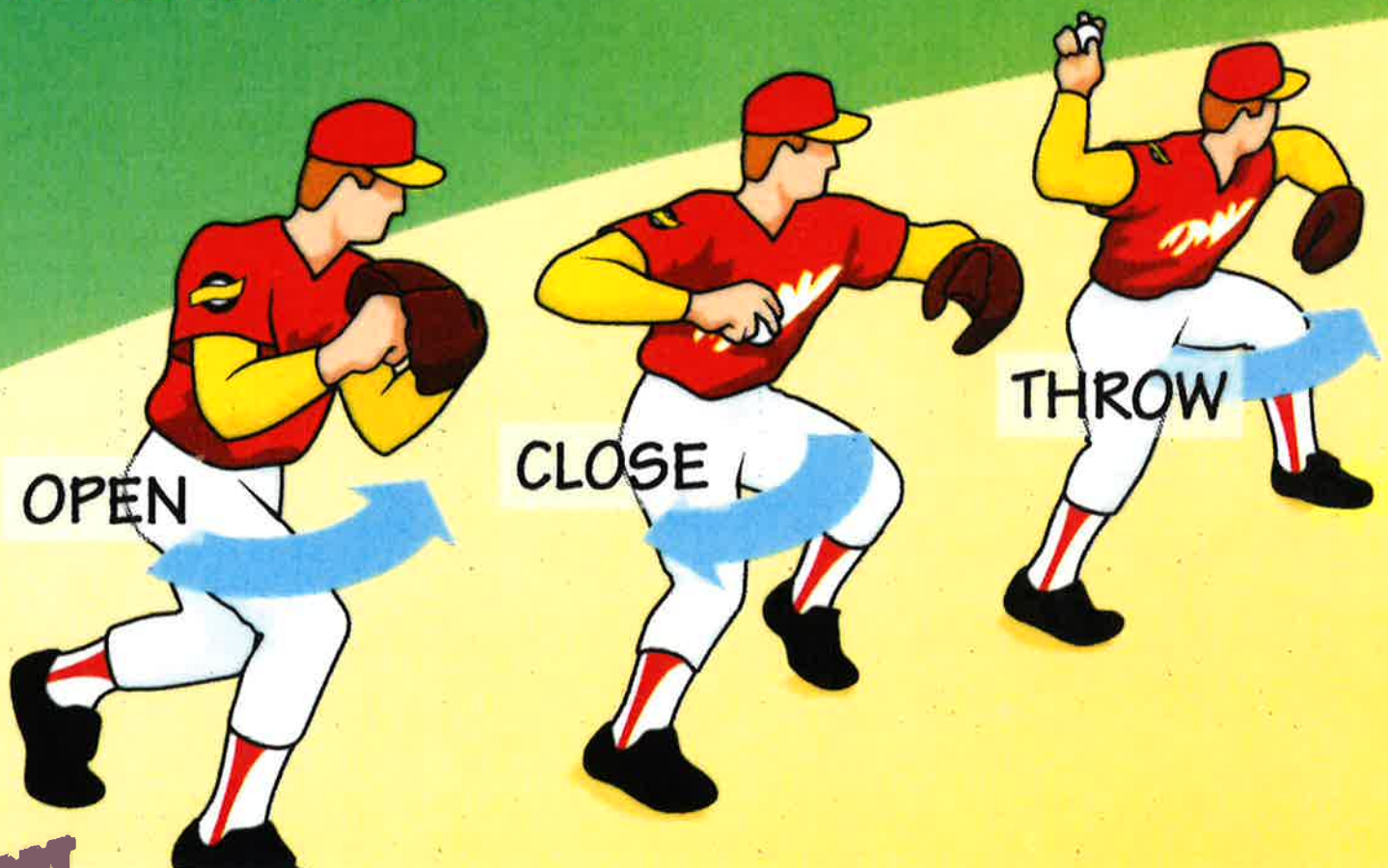


REPS:
10-15 balls
per session

THROWING THE BALL

The single skill most likely to decide your baseball future is throwing the ball. Even if you can't do anything else well, if you can throw you can pitch. If you can't throw, you have no position to play.

The key to throwing a baseball lies in the "OPEN-CLOSE-THROW" sequence (Cards 69-71). It applies to pitchers and position players alike – **Take whatever time you need to master it.**



1. SET THE BACK FOOT

After fielding the ball, set your back, or push, foot. Then, **1** step forward on that foot so it's perpendicular to the line of your throw.

This step is the foundation for your throw. **2** It puts your weight on that foot and opens your hips to the target, initiating the OPEN-CLOSE-THROW sequence described on Card 68.



TIP: Visualize an eyeball in the point of your ankle, looking at your target.

2. STRIDE IN LINE

After establishing your back foot, **1** stride toward the target, directly in line with it. This directs your momentum and **2** “closes” your hips (faces them away from the target), setting you up for a strong throw.



As you stride, **3** separate your hands at your waist. **4** Throw your glove side toward the target as **5** you reach back with the ball. **6** The palm of your ball hand should face away from you at this point.

3. STEP AND FIRE

At the instant **1** your stride foot hits the ground (landing on the ball of your foot), **2** your throwing arm should start forward. This timing lets you maintain a fluid, reliable throwing motion.

As you drive forward, **3** your hips open up again, completing the "OPEN-CLOSE-THROW" sequence.



4 Your eyes, arm and upper body follow the ball toward the target. Completing this follow-through helps keep the ball from sailing over your teammate's head.