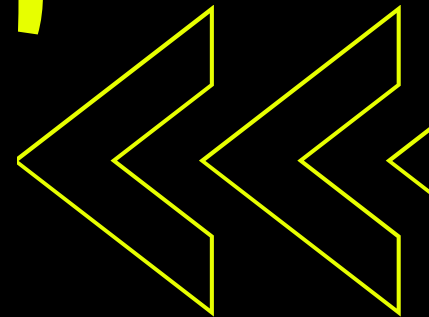




THROWING



BASEBALL & SOFTBALL DRILLS & SKILLS



Stand and Throw: Do this one in a large side or backyard. Grab a baseball bucket and set up a net roughly 30 feet away from you. Now take a baseball and your glove and get into your fielding position. As you get into position, put the ball into your glove, pretending to field a grounder, and then throw the ball into the net you just set up. As you "field" the groundball, pay close attention to how your body is situated. Make sure your chest is in proper position to knock down any ball that takes a bad hop and that you are fielding the ball slightly closer to your glove side.

As you sit up and grip the ball out of your glove, look at how you grab the ball from your glove and properly adjust the ball in your throwing hand to find the proper seams. Now throw the ball, making sure to point your toes in the direction you want to throw as you step towards your target.

Once you have your mechanics and throwing motion down, start doing this drill at game speed. You can also do this drill from different distances and different angles away from the net to simulate fielding and throwing from 2nd base, 3rd base, and shortstop.