

Yreka High School Baseball

“Home of the Miners”



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Throwing: Improving Arm Strength and Accuracy 20-25 Minute 7 Drill Program

(Focus on throwing to the chest and catching with two hands)

- When you first start throwing you should work your way into the suggested amount of throws and time spent doing this program. (recommend not doing drill 7 until you feel you can handle it)
 - The distance will also change due to the players arm strength.
 - Focus on your mechanics and doing it right. Don't just go through the motions.
1. Last 10% Throwing Drill (10 Throws from 30 ft.)
 - a. On both knees – Glove on elbow – 4 seam grip
 - b. Work on extension – Loose but firm
 - c. Why? – Improves the carry on the ball and velocity
 2. 2 Knee Throwing Drill (10 Throw per distance – 45/60/75 ft.)
 - a. Focus on upper body
 - b. Glove/Hand together in center of chest.
 - c. Rotate shoulders – brake hands – extend – elbows high - closed front shoulder
 - d. Work on keeping your shoulders level
 - e. Work on last 10% of throw
 - f. Why? Good upper body mechanics = good accurate throws
 3. One Knee Throws (10 Throws per distance – 60/90 ft)
 - a. Foot under Knee
 - b. Line up chin/front shoulder/foot/knee
 - c. Start hand/glove together at chest
 - d. Rotate Shoulders - Brake hands – extend – elbows high - closed front shoulder
 - e. Work on keeping your shoulders level
 - f. Work on last 10% of throw
 - g. Why? Good upper body mechanics = good accurate throws
 4. 10 Toes Throwing Drill (10 Throws per distance – 45/60/75 ft)

- a. Square up – Wide base
 - b. Use a little lower body (crouch a little)
 - c. Start hand/glove together at chest
 - d. Turn and square shoulders
 - e. Rotate Shoulders - Brake hands – extend – elbows high - closed front shoulder
 - f. Work on keeping your shoulders level
 - g. Work on last 10% of throw
 - h. Why? Getting Square to your target and incorporating the lower half
5. 10 Toes Figure Eight Throwing Drill (10 Throws per distance – 60/75)
- a. Start hand/glove on throwing side hip.
 - b. Work in change-up grip (pitchers)
 - c. One Figure 8
 - d. Incorporate lower half
 - e. Brake hands – extend – elbows high - closed front shoulder
 - f. Work on keeping your shoulders level
 - g. Work on last 10% of throw
 - h. Why? Start using entire body – more velocity, accuracy and less arm fatigue.
6. Walking Figure Eight Throwing Drill (10 Throws at 90ft)
- a. Same as 10 Toe but take three steps and follow through (nose to glove)
 - b. Work in change-up grip (pitchers)
 - c. Work on keeping your shoulders level
 - d. Why? Start using entire body – more velocity, accuracy and less arm fatigue.
7. Long Toss (5-10 minutes: 90/120/150 +)
- a. Square up – brake hands – extend – closed shoulder- crow hop - follow through (nose to glove)
 - b. Work in change-up grip (Pitchers)
 - c. More line drive then fly ball arc.
 - d. Avoid the ball tailing
 - e. Work on keeping your shoulders level
 - f. Why? Creates good mechanics and develops arm strength
8. Stretch your arm (5 minutes)