



1 REVERSE THROWS

- This drill trains the posterior shoulder to be able to accept the force produced by higher velocities. As well as some thoracic spine mobility work.
- The athlete kneels onto throwing side knee and starts with torso stacked, create some momentum forward and drive shoulder and elbow back through the natural arm slot.

DOING IT WELL

Ball should hit the wall at head height, directly behind the athlete.



2 PIVOT PICKOFF THROWS

- This drill improves forward rotation in the delivery, medial forearm strength and pronation speed/timing.
- Start with throwing side perpendicular to target, counter rotate so torso now faces the target and hang throwing hand back in supinated position. Before throwing, fold glove arm down and then drive the wrist over the elbow.

DOING IT WELL

Ball hits the wall at head height.



3 ROLL-IN THROWS

- Stand facing the target with ball in throwing hand at waist level, take a walking step with throwing side leg and drive powerfully into foot strike—be sure to minimize hip rotation and keep toes point to target as walking steps are taken.
- Drive throwing arm directly back into scapular retraction, no arm swing.
- As soon as stride foot contact is made, fold glove arm down and deliver ball to target.
- Rotate around a braced (not flexed) front leg.

DOING IT WELL

Lead leg braces. Ball hits the wall at head height.



4 ROCKER THROWS

- Start this drill with feet near stride length and front foot slightly closed off from target. Create momentum by rocking forward and then back, and then throw ball toward target—finish by bring back leg through.
- Be sure to rotate around a braced (not flexed) front leg.

DOING IT WELL

Lead leg braces. Shoulder rotates forward. All balls hit the wall at eye level.



5 WALKING WINDUPS

- Facing your target with ball in your throwing hand, take a step forward and rotate your foot as if to use the rubber to throw off a mound. Bring your leg up, stride out and throw the ball.
- Generate momentum toward the target, try not to pause at balance point.

DOING IT WELL

Good momentum through leg lift. Lead leg braces. Shoulder rotates forward. All balls hit the wall at eye level.



6 UPWARD TOSSES

- Holding the ball in your throwing hand with arm out to the side, throw the ball up and catch it as it begins to fall.

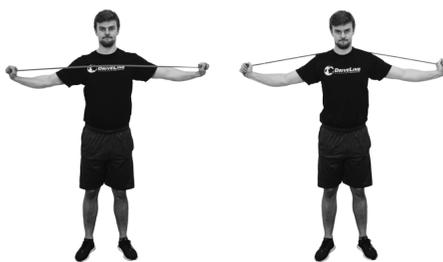


7 SIDE LYING ER TOSSES

- Laying on the ground on your glove side and holding the ball in your throwing hand with your throwing elbow resting on your ribcage, throw the ball up and catch it as it begins to fall.

DOING IT WELL

Let it drop until it passes your fingertips, so you catch it in a decelerating, stabilizing fashion.



8 BAND PULLAPARTS

- Using a J-Band, either both strands or one depending on the athlete's strength levels or desired resistance, the band apart with straight arms. Exercises are behind the head (elbows can flex for this), two diagonals and straight across the chest.



9 NO MONEY DRILL

- Using a J-Band, either both strands or one depending on the athlete's strength levels or desired resistance, tuck elbows to rib cage forming two 90 degree angles—and with hands supinated, pull the bands across the mid-section.