

Throwing Mechanics Program

The emphasis for this program is on correct mechanics. Do not throw hard!!

Phase 1 (10 throws @ 20 feet)

Stand with feet shoulder width apart facing your partner. Keep feet planted square.

- Correct grip (four seam grip with even pressure, ball in fingers, not in palm)
- Hand on top of ball with wind-up (hand always between you and ball)
- Full trunk rotation (shoulders turned 90 degrees)
- Shoulders and arm in straight line (no open shoulder or “hooking”)
- Arm at “90/90” with acceleration
- “Finish” throw at partner (pull down on ball to impart correct spin, do not cut throw “short”)
- Partner gives feedback as to ball rotation (this is a good indicator of correct mechanics)

Stage 2 (10 throws @ 30 feet)

Stand side-on to partner. Step and follow through with back leg

- Small, **straight** step to initiate throw. Lead with **HIP**, open front foot. Keep weight back
- Establish stable base and good hand position before rotating to throw
- Follow through completely i.e allow back leg to follow through equal with front foot
- Partner gives feedback as to ball rotation

Stage 3a (Pitchers) (15 throws at 40 feet)

Wind-up from “Set position” (40 feet)

- Balance with leg kick i.e. should be able to stop and balance with knee up
- **Lead with hip** (not shoulder) in direction of throw
- Step straight with open foot (do not drift)
- Partner gives feedback as to ball rotation

Stage 3b (Non-pitchers) (15 throws at 40 feet)

Feet square, step and throw

- Small step with right foot to initiate movement
- **Lead with front hip** (not shoulder) in direction of throw and rotate to throwing position
- Step straight, open foot slightly (do not drift)
- Complete throw as above
- Partner gives feedback as to ball rotation

Stage 4 (15 throws)

- Pitchers practice more from set and wind-up (60 feet)
- Catchers practice from squat (100 feet)
- Infielders practice from fielding position (100 feet)
- Outfielders practice from running pick-up (120 feet)



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