

THROWING DRILLS

Grip the ball.



Thumb underneath the ball on the laces.
Ball in the base of your fingers.
Finger tips on the laces.

Wrist Technique

Pair up girls facing each other about 5 feet apart with one knee the ground (opposite knee of throwing hand).

Have them put their throwing elbow on the up knee.

Place a waffle ball/tennis ball/soft ball in one girl's hand.

Using only the wrist, have her throw the ball to her partner across from her with no arm movement.

**This builds strength and wrist action to help with throwing the ball straighter and faster as they get older.

Improved Mechanics (A 3 step drill)

Pair up girls facing each other about 5 feet apart with one knee on the ground (opposite of throwing hand). Shoulders in line with target.

Step 1: Start the throwing motion by making a circle motion from the glove, forearm down to the chest to the back of the head.

Step 2: Point at you target with your glove

Step 3: Bring your throwing arm all the way forward until your reach the other side of your body.

Point and Release

Have a girl face the coach, about 15-20 feet apart. (Distance can be added gradually)

Throw or Roll the ball to the girl.

Have the girl pick up the ball, point their gloves to where they want to throw to.

Her hand holding the ball should be at a right angle behind her head.

At this point the girl's shoulders should be perpendicular to the coach.

Have her throw the ball to the coach, with her hand with the ball crossing her body and coming down to the opposite hip.

**This helps with accuracy and follows through.

Two Hands

Have the girl's line up either in the field or in the outfield. About 10-15 feet from coach

Have the first girl move up about 10 feet. Remove her glove

The coach will throw a whiffle ball/tennis ball/soft ball to the first girl in line.

Have the girl catch the ball with both hands, with not glove.

Continue this a few times, and then have them add their glove, still using 2 hands.

**This helps them learn to catch with both hands.

High Five the Sky

Have the girl's line up either in the field or in the outfield. Have the first girl move up about 10 feet.

Have the coach throw a whiffle ball / tennis ball / soft ball in the air to the first girl.

The girl should have her glove facing the sky to try to catch the ball.

Her throwing hand should be touching the back side of the glove.

**This helps the girls learn to catch a fly ball correctly, and to use two hands to catch the ball