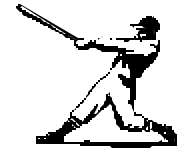




West Linn Lion Baseball

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Throwing Progression

* Playing catch is the most important skill involved in baseball, but yet it is the most overlooked skill.

* Limit your opposition to only 21 outs per game.

1. Knee

- throwing side knee down
- rotate off the mid-line of the body
- elbow, shoulder, shoulder, elbow to target
- ball to the wall
- glove side elbow to target
- chest to knee on follow through

2. Shoulder Rotation

- legs shoulder width with slight flex
- elbow, shoulder, shoulder, elbow to target
- throw in front of nose
- rotate off the mid-line of the body
- ball to wall
- bend at waist and follow through

3. Balance

- bring knee to parallel
- stride to big front toe
- chest over knee and throw in front of nose
- ankle loose and toe pointed down
- elbow, shoulder, shoulder, elbow to target
- back leg over on follow through

4. Double-Clutch (Infielders)

- stay low with knees flexed
- two shuffle steps

5. Step Through (Outfielders)

- right, left, right
- gain ground
- step in front

Drills

1. Partner
2. Spot Throwing
3. 4 Corners (1 Shuffle, Reverse, Double-Tag)