



(Minors/Coach Pitch) THROWING PRACTICE

Date: _____

6:00-6:10 Throwing Progression

- Wrist Flips
- Throwing Knee
- Parallel Feet
- Working Back
- Work Back in Quick Hands and Feet

6:10-6:20 Infield SOS with Everyone (Same Old Stuff)

- Short hops- *"Down and through!"*
- Forehand- *"Swing the butt, make the throw!"*
- Backhand- *"Pinch-It"*

6:20-6:30 Relay Throws

- Coach throws to player; player throws to next player (only one throw)
- 4 Players lined up for relays (focus on footwork)

6:30-6:40 Positional Throws

- Firstbaseman or coach at 1st
- Player has ball in glove at 2nd, 3rd, or SS; makes throw to 1B
- Work getting ball out of glove and making strong throw

6:40-6:55 Pitching (Flatground)

- 30 feet apart/20-25 pitches each player
- No need for catchers
- Work on hitting spots (Aim Small, Miss Small)

6:55-7:00 Field and Equipment Clean-Up