

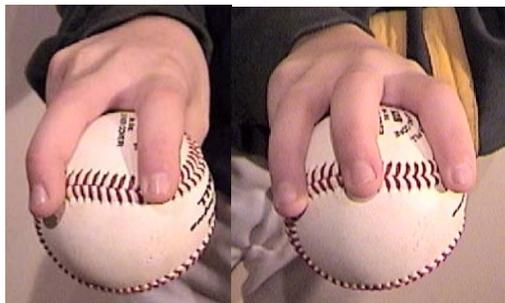
INSTRUCTIONAL MATERIAL

THROWING TIPS

THE BASICS/HAVE A CATCH

Grip the ball across the seams in what is called the four seam grip. Smaller hands should use three fingers instead of two. The thumb and two (or three) other fingertips should be resting on the seams. (The fingers that rest on the seams should be across the "C" formed by the seams of the ball.)

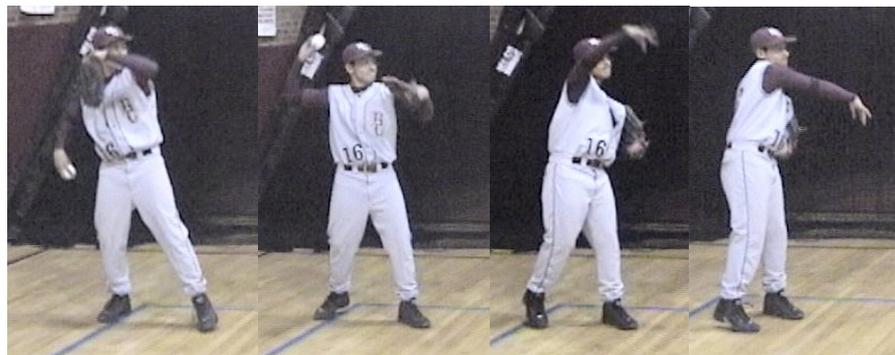
Also there should be a space between the ball and the palm, the ball should not be touching the palm.



Turn sideways with the front shoulder toward the target. Extend the throwing arm back and raised at about the level of the shoulder. The weight should shift to the back foot. Point the mitt at the target and stride with the front toward the target, releasing the ball once the throwing arm has extended forward. Bring the back foot forward and the body into the ready position.

Throw fast not hard. Imagine throwing a snowball fast. If you try to throw hard you create tension, which ultimately restricts the free fluid motion you need.

The most basic drill is simply to have a catch. This is especially important before each practice and game. Building arm strength is accomplished by having a long distance catch -- some call it "long toss."



Many thanks to the Berkeley Carroll Varsity Baseball Team and their coach, Walter Paller, for providing these instructional tips.

Throwing Drill: Roll as many pairs of socks into balls as you can find. Pick a target on a wall between 15' and 25' away and throw from the kneeling position shown in the pictures. The key is to extent the front leg out toward the target and bring the throwing arm down and around in circular motion. This is an exercise used and taught by baseball's all-time lefty save leader and Brooklyn native John Franco of the Mets.

The Goal Develop a fluid rhythmical throwing motion while learning to get a fuller extension back of the throwing arm.

Point the non-throwing arm at the target and imagine the flight path of the ball to a spot on the target before starting the motion.

