

Coaching Clinic #1

Throwing:

Backward chaining of throwing mechanics.

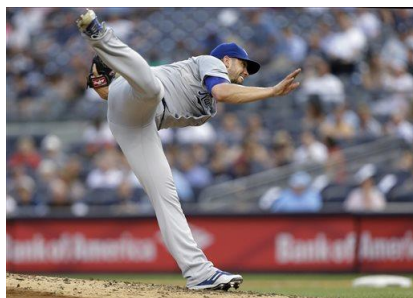
1. "T" motion: the follow through motion
 - Keeping both shoulders and hand stretched out making them into a lever
 - Tilting glove shoulder down
 - Hand on top of the ball
 - Keeping arm straight out (staying long with the arm), not behind the shoulder
 - Legs should width apart
 - Body partially bent
 - End in a body shaped like a "t"

Throw ball to partner.

Start:



End:



Continue to ADD each segment to the previous ones.

2. "rag" arms (scapula squeeze)
 - Arms straight out from shoulders
 - Elbows bent
 - Hand on top of ball

Scap Load: squeeze should blades together.



Start at this point of the throw and finishing with the follow through motion into a T.

3. Separation:
 - Soft elbows
 - Start with legs together and stepping
 - Making sure arms and legs are moving together at the same time
 - Watch spinal rotation
 - Finish with follow through into a t.



4. Full throw with first step on to your skate board through to a T follow through.

Positional throwing: (30 to 60 feet apart) “Every day drills”

3 Reps of each kind of throw

1. Grounders – straight on , glove side, throwing side
2. Forehand-
3. Back hand
4. Spin turn (reverse pivot)
5. Fly ball
6. Off balance catch
7. Fake throw
8. Thaw on the run, straight on, both sides
 - Add on the receiving player practices tag outs
9. Throw from knees, straight on, both sides
10. Run downs, high/low, different angles

Coaching Points:

*Muscle memory is built by repeating the same motions over and over.

* Younger ages_ work on new drills with throwing into a net. This allows them to focus on motion not where the ball is going.

* focus on the progress not always on the results.

* teach players to play the game in their heads as they practice

Teaching them to coach themselves and each other

* PRACTICE WITH A PURPOSE