



Berlin Youth Baseball – Fundamentals Clinic Drills

Goal of this document: Provide coaches, parents, and players with a follow-up on some of the main drills used and during the fundamentals clinic that can be practiced at home or in future practices.

Throwing

1.) **“Horse Shoe” grip** (aka 4-seam fastball)

Use this grip for all standard throws such as infielders & outfielders. Once you field a ball and transition to your hand, without looking the player should be used to rotating the ball in the hand to this grip. Your 2 fingers go across the letter ‘C’ on the ball, the thumb goes under the ball. Leave space between the ball and your palm. Don’t squeeze tight, hold it like you’re holding a “bird”, tight enough that it can’t get out, but soft enough you don’t hurt it.



2.) **“Circular” arm motion**

Start with the ball in your glove and your throwing hand inside the glove holding the ball. The first motion when pulling the ball out of the glove is “thumb to thigh” to start the circular motion. Then proceed to “show it to the sky”, notice the ball is now actually facing up into the air, opposite the target. This is also referred to as the “Big T” or power position. Then finish the circle by coming down and across to the opposite side of the body.

