



## THROWING PROGRAM FOR POSITION PLAYERS

- Sacrifice quickness and velocity for accuracy
- Always working on soft focus/ hard focus when throwing

### Phase I

- *All Position players go through phase I*

#### I. **Arm angles and maytags**

- a. After we warm-up and stretch we do these to get blood flow to rotator cuff
- b. 3 different arm angles and circular motion for maytags

#### II. **Two Knee throwing/ Wrist Flips up to 8-10 yards**

- a. Relaxed grip w/ fingers on top and thumb directly underneath trying to be firm with it out front
- b. Guy receiving always working on transfer

#### III. **Two Knee throwing up to 25 yards**

- a. Emphasizing proper arm swing and upper body mechanics
- b. Can go longer distance if you don't have an area to long toss

#### III. **One Knee throwing up to 25 yards**

- a. Power position- checking for proper hand position and front side on throws
- b. Ball at mid line- helps guys from wrapping

### Phase II

- *Phase II is different depending on the position. OF do figure 8 drill everyday. INF and C alternate days from figure 8 and position player work.*

#### IV. **Standing Figure 8 up to 25 yards**

#### V. **Walking Figure 8 up to 35 yards**

- a. Players will use a verbal count system "1, 2, 3". Square it off on 2 and throw on 3.

#### VI. **Dangle Dangle**

#### VII. **Power Position Shuffle Shuffle**

#### VIII. **Squared Position/ 2B DP pivot**

#### IX. **Power Position/ SS DP pivot (catcher power/ force play from home to 1B)**

#### X. **Fielding Position/ Rocket Relay (catcher footwork to 2B/ blocking the plate)**

#### XI. **Two Shuffle Throwing/ 1B receive**

#### XII. **Long Toss Skip Throws/ INF working on tags**

#### XIII. **Three Arm Angle Throwing**

### Phase III

- *Phase III is the long toss section. We work off percentages in 3 day rotation working on 50%, 70% and 90% of long toss. Over time their long toss will increase. We always try and keep the ball on line. Infielders want to try and catch the ball on throwing hand side like they are receiving a throw from the catcher that they have to get back to the plate.*

#### XIV. **OF go through their different progressions on grounballs and flyballs**

#### XV. **Gradually work back in**

### Games for Infielders and catchers

- *We try and play some games for touches or time to make them compete and play at a higher pace to emulate the speed of the game*
- *Always use Gator Gloves (smaller infielders gloves made by Decker)*

#### 1. Quick Feet and Hands

- Work from 15 yards apart and different touches 6,8,10; first group to finish by sitting wins
- Always working on reaching with the feet to keep ball in center of gravity, don't want to reach w/ glove

#### 2. 4 corners for infielders and catchers

- We work from shorter bases to full length bases
- Clockwise (2B pivot for RHT, Glove side turn or jump pivot for LHT)
- Counterclockwise (Left foot to baseball for LHT, Glove side turn or jump pivot for RHT)
- Mix Em Up (receiver keep feet and shoulders square to baseball wherever it is)
- 2 Balls
- Tag Clockwise and Counterclockwise
- All inclusive
  1. C-1B (LHT left foot to baseball, RHT glove side turn)
  2. C-3B (LHT glove side turn, RHT 2B pivot)
  3. C-1B (LHT left foot to baseball, RHT jump turn)
  4. C-3B (3 throws and a diagonal, 3 rotations on this)
  5. 1B-C (1 throw and a diagonal, 3 rotations on this)

\* ends when the man at second base throws diagonal to plate

#### 3. Hub Drill

- 5 man drill on the field, 1 man at each base and one guy in front of mound
- Great conditioning drill
- Can alternate w/ RHT/LHT in the middle making regular throws and RHT/LHT on the outside making glove side turn throws

1. P-1B
2. 1B-P
3. P-2B
4. 2B-P
5. P-3B
6. 3B-P
7. P-C
8. C-P

Once catching throws to pitcher, pitcher drops ball and pitcher rotates to 1B, 1B to 2B, 2B to 3B and 3B to Home

#### 4. Rocket Relay