

2021 FEBRUARY 4-WEEK THROWING PROGRAM

<p>LEARN TO TRAIN</p> <p>Every Other Day</p> <p>3-4 Days per Week</p> <p><i>(no back-to-back throwing days)</i></p>	<p>One Knee 5 x stopping at each position / 5 x fluid throws – 15ft from partner – 50% effort <u>Starting position:</u> glove knee up, arm knee down, hands together thumb-to-thumb holding ball in 4-seam grip inside glove, fingers of glove pointed up, chest / knee / back of the glove to the target <u>Rotate position:</u> rotate perpendicular to target, shoulders should be slightly closed, hands still together and thumb-to-thumb, eyes on target direction, glove knee will rotate slightly inward <u>Separate position:</u> separate thumb-from-thumb so ball points down (hand on top) and then circles back (back of hand should face head), glove/front side direction is elbow to target, shoulders still slightly closed, ball and glove will both be just over shoulder height (equal and opposite – “scarecrow”) <u>Throw/Finish position:</u> front elbow tucks to side (glove to armpit) to bring throwing arm around (replace front shoulder with back shoulder), hand stays behind the ball, reach to release and exaggerate finish with chest over front knee and throwing arm outside front knee with hand near the ground (glove stays tucked in arm pit to keep rotation tight and direction to the target)</p> <hr/> <p>Flat Feet 5 x stopping at each position / 5 x fluid throws – 20-30ft from partner – 60% effort <u>Starting position:</u> feet should width apart, hands together thumb-to-thumb holding ball in 4-seam grip inside glove, fingers of glove pointed up, toes / chest / back of glove to the target <u>Rotate position:</u> same as One Knee but standing with feet planted (key is to get shoulders closed) <u>Separate position:</u> same as One Knee (front knee will be slightly rotated inward by pivoting on ball of the foot) <u>Throw/Finish position:</u> same as One Knee (back knee will be slightly rotated inward on finish and chest will finish forward with hand outside glove knee but maintaining balance – don’t fall forward)</p> <hr/> <p>Stride/Rockers 5 x leaving back foot behind / 5 x finish back side – 30-40ft from partner – 70% effort <u>Starting position:</u> feet 75% of height in stride position (back foot perpendicular to target, front foot in line with target and slightly closed), weight even, hands together thumb-to-thumb holding ball in 4-seam grip inside glove <u>Movement:</u> rock (lunge) forward, rock (sit) back and separate (weight should transfer from neutral to front to back and hands should separate over back leg and weight shifts back), then complete the front/glove side and throwing motion as described in One Knee and Flat Feet <i>Leave back foot behind:</i> finish with back heel up but toe still on ground (balance) <i>Finish back side:</i> allow back side leg to come up and over hip (bottom of foot to sky)</p> <hr/> <p>Inside Step 10 x fluid throws – max distance is pitching mound distance for your age – 80% effort <u>Starting position:</u> same as Flat Feet <u>Movement:</u> inside step with throwing arm foot (point inside ankle to target), separate and stride, throw/finish (basically this is a regular throw putting together each of the progression drills above – the drills create good habits and mechanics through checkpoints and muscle memory but inside step should be fluid, not mechanical)</p>
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