



Guelph Minor Softball Association

Throwing Technique and Practice Drill Proper Throwing Motion:

- Players start by facing the target.
- The foot of the glove hand should be closer to the target with the foot of the throwing hand back in the stance.
- Reach back with the throwing hand with elbow bent hand up and wrist straight, palm away.
- Glove hand should be in front of the body (and move forward around the body as the ball is thrown).
- Once in position to throw the ball the glove hand foot should take a step toward the target and the back foot should pivot.
- Release the ball at the point the arm reaches extended point.
- After release the body should bend forward, with the throwing arm following through to the outside of the glove hand knee.
- The back foot should step forward as the throw is complete leaving players square to the target.
- It is real important that the player sees the target, gets into proper throwing position, makes the throw toward the target while still keeping eyes on target, then continues with follow through.

Proper Form Drill:

- Without a ball –have the players get into throwing position and talk them through each step.
- Repeat with the ball. Do not be to concern where the ball goes.
- During this drill the form is most important.

Throwing Drill #1 – Helmet Drill:

- Use a basic grounder drill, but set up a t-ball T with a helmet on it.
- Once the player fields the ball have them make a solid throw to hit the helmet.
- The helmet is used because it gives the player a small target at their level which helps with their accuracy.

Throwing Drill #2 – Kids Throwing to Coaches:

- Get a bucket of ten balls and have the player stand with the bucket.
- Start at 10 feet away and have the players throw all ten balls to the coach.
- The coach should reinforce the proper technique during this drill.
- The goal is get the player to throw a straight ball toward the coach.
- In order of importance.
- Technique, on target versus left or right, straight versus lobbed.
- Eyes on target is very important
- Extend the distance based on skill level

Throwing Drill #3 –Kids Throwing To Kids:

- This is a great drill to do as the players improve.
- This provides them with experience both catching and throwing the ball from other players.
- Have the players start at distances which they can be successful.
- 10 feet away is a good starting point.
- Tennis balls work well when starting.

Throwing Drill #4 –Fielding Grounders and Throwing:

- Line up a small group of players facing the coach –pick a distance that is suitable for the group.
- One at a time have the players receive a grounder and stand up and make a proper throw.
- Roll 3 balls to the player before rotating.
- The player should work on the proper technique while throwing.
- Extend the distance as the players improve.
- Increase the pace of the drill as players improve.