

**Throwing Mechanics 101:
Ready. Break.
Throw.**

This drill, featured on Tom Emanski's Baseball World Video Series, can help players of all ages build solid throwing mechanics. If practiced with enough repetitions (50+ per practice), the improvement in mechanics will substantially which improve both your players' accuracy and velocity. It should be used as a coach-directed warm-up for 10 - 15 minutes at the beginning of practice.



1. 'Ready' Position: player establishes athletic stance with knees slightly bent and wider than shoulder width. Establish proper grip.



2. 'Break' Position: arms slightly flexed with glove turned out.



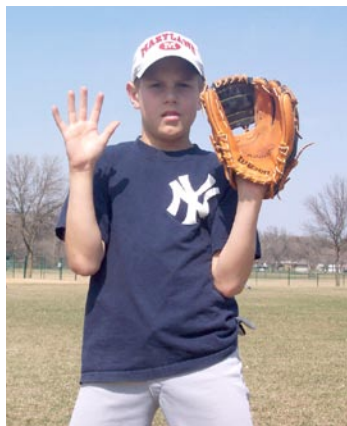
3. 'Throw': players uncoils and releases ball toward target, pushing upper torso forward, allowing back leg to come off the ground.



4. 'Follow through': players back leg comes around to front so the player is now facing target and the throwing hand is almost touching the ground.



'Follow through' Note: players' glove hand should end up on his back to allow the body to open up completely.



Receivers: players should always be in an athletic stance with both hands up ready to participate – one to catch and ready to take the ball out of the glove and throw quickly.