

# THROWING PROGRESSIONS (12-INCH SOFTBALL)

## Purpose:

Being able to throw strikes in the infield and outfield is paramount to becoming a great defensive player. Here players work on their throwing accuracy and strength. In particular, this drill helps players perfect their wrist snap, which is essential to throwing the ball powerfully and accurately.

## Setup:

Players line up next to a fence.

## Execution:

1. Players turn the ball in their hand and wrist snap (or tap) it against the fence. Then make a slow-motion simulated throw (they don't actually throw the ball).

## Coaching Tips:

- When players finish their simulated throw, make sure they are finishing with their palm down instead of having it face out or in.
- Additional throwing tips: thumb should be directly below fingers, ball shouldn't be deep into the palm of the hand, if players can they should try to grip the ball across the seams for a tighter rotation and more spin.



Above, players tap the ball against the fence.

Below, players finish their slow motion simulated throw with palms facing down.



# WRIST SNAP TOSS

## Purpose:

Warms up upper body and gets player ready to throw. Focuses on keeping palm down following wrist snap.

## Setup:

Two players set up 8 to 10 feet apart from each other. Players get on one knee (their glove side knee) with toes pointed slightly inward.

## Execution:

1. Player puts glove under throwing elbow.
2. The wrist snaps the ball to her partner, who catches it and wrist snaps it back.
3. Drill continues until coach says, "stop."

## Coaching Tips:

- Make sure players are not throwing ball with their forearm but are instead snapping it forward with their wrist.



Players wrist snap the ball back and forth to each other in this drill.

# KNEELING THROWS

## Purpose:

Warms up upper body and gets player ready to throw. Focuses on keeping palm down following wrist snap.

## Setup:

Two players set up approximately 40 feet apart from each other. Players get on one knee (their glove side knee) with toes pointed slightly inward.

## Execution:

1. Players throw the ball back and forth to each other.

## Coaching Tips:

- Players should throw at three-quarters speed and really focus on hitting the target.



Players work on knee down throws.

## STANDING THROWS

### Purpose:

Players practice throwing.

### Setup:

Players stand approximately 40 feet apart, then extend to 60 feet.

### Execution:

1. Players throw the ball back and forth to each other.

### Coaching Tips:

- Make sure players are stepping toward their target and remaining balanced through the entire throw. Players should also keep their throwing elbow high.



Player throws to her partner.