



Upper Body Throwing

Stage #2 of Pitching Delivery

Skill Set: Pitching

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 1-2 minutes

Equipment Required: Balls and gloves

Goal: Focus on using core with an emphasis on extension and strong glove side

Description of the Drill:

- 1 partner on left/right field foul line, 1 partner 10 feet away in left/right field, both on knees facing each other
- Throwing partner uses full arm motion to throw to partner focusing on using core strength and arm extension to throw to partner's glove target
- Partner should keep glove up as a target for the throw
- Players should be able to maintain balance and body control, but if they are unbalanced they may be using too much lower body
- Players throw back and forth until each player has had 10 repetitions

Layout of Drill:

