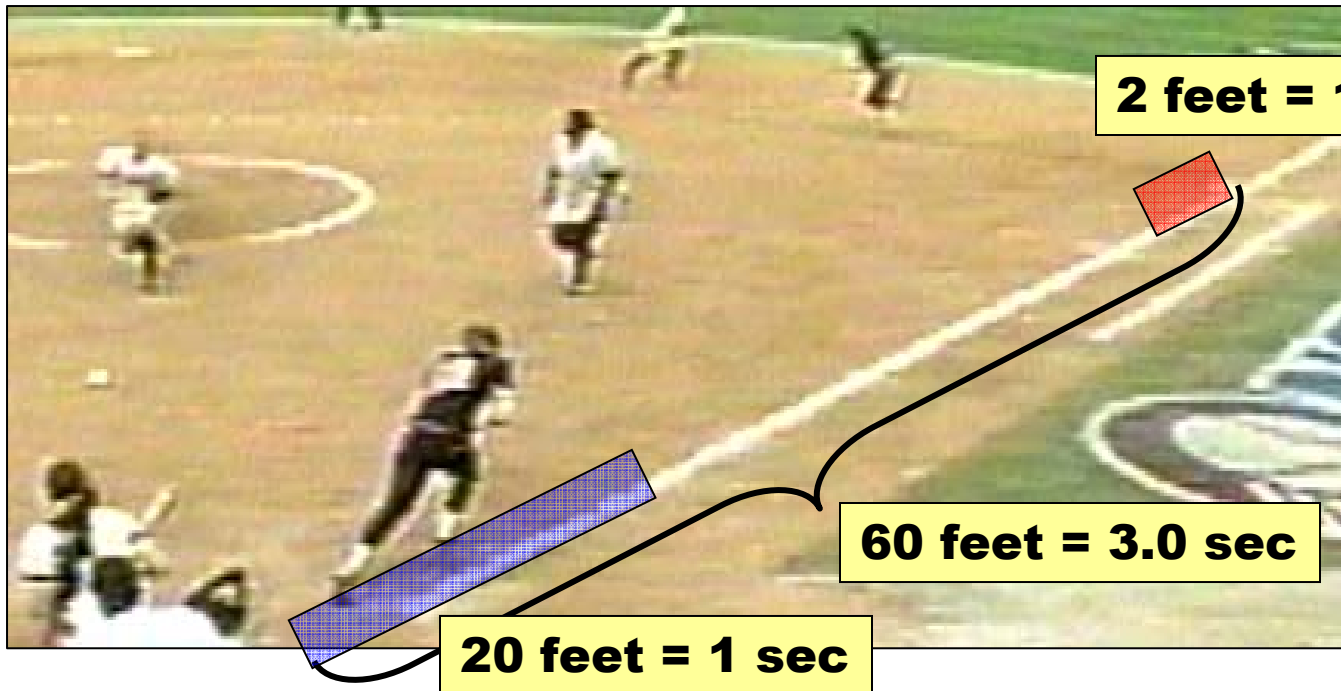


PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

Cindy Bristow

Importance of Throwing ...



Get FASTER Where it Matters - THROWING

Throwing Differences in Games vs. Practice:

1. Intensity
2. Accountability
3. Quantity
4. Direction



PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

Throw with your FEET:

- Position (**UNDER YOU** *when possible*) & Direction Matter
- Direct your FEET to direct your throw!



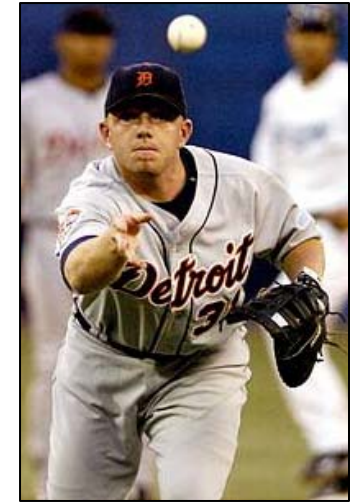
PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS



PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

TYPES OF THROWS:

1. Basic Overhand
2. Sidearm
3. Throwing on the Run
4. Flips & Tosses



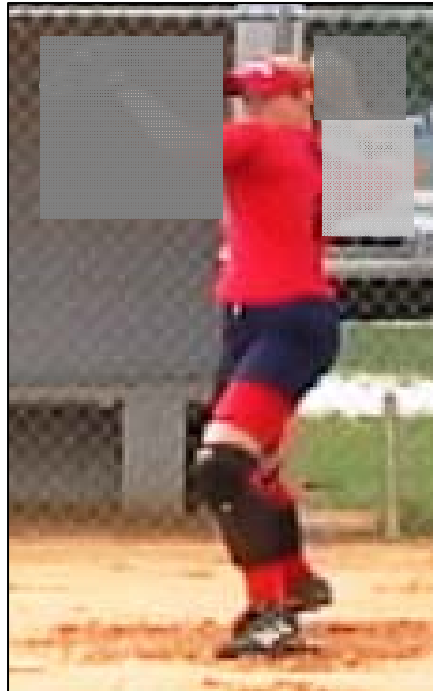
OVERHAND THROW: (progression)

Turn ball-side toes away from other foot (*no arms yet*)



OVERHAND THROW: (progression)

Stride out to target (*no arms*)



PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

OVERHAND THROW: (progression)

Step to Target, Front shoulder to target, High 5 with back hand

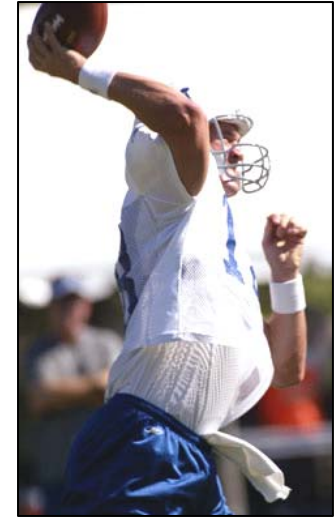


DAVID MASSEY/The Gainesville Sun

PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

OVERHAND THROW: (progression)

Hold tray of food (*room service*)



PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

OVERHAND THROW: (progression)

Throw the Tray of Food



PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

OVERHAND THROW: (progression)

Finish Long



PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

OVERHAND THROW: (progression)



MAJOR PROBLEM AREAS:

Start



- step with wrong foot (**step with glove-side foot**)
- don't turn front toes out (**bow & arrow throw**)



MAJOR PROBLEM AREAS:

High 5



- shows ball to target throughout backswing (**turn hand & High 5**)
- NO POWER (**no wrist cock**)

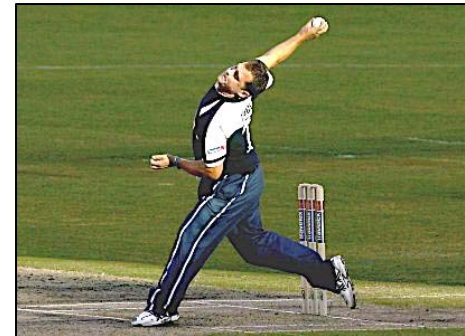


MAJOR PROBLEM AREAS:

Room Service



- too low entering release zone (**get food tray above your head**)
- ball is leading into release zone (**elbow should lead**)



MAJOR PROBLEM AREAS:

Follow Through



- too short (slap opposite leg to get long)
- too wimpy (throw the tray of food)



MAJOR PROBLEM AREAS – Advanced Players

- **INFIELDERS:** step behind their stride leg – turning themselves sideways



MAJOR PROBLEM AREAS – Advanced Players

- **PRACTICE SMARTER: Don't work harder to get worse!**



SIDEARM THROW –

Overhand Throw tilted sideways



- Body position changes NOT the arm position
- Upper body leans into the ball vs. taking ball away from shoulder



FLIPS & TOSSES –

Short distance tosses



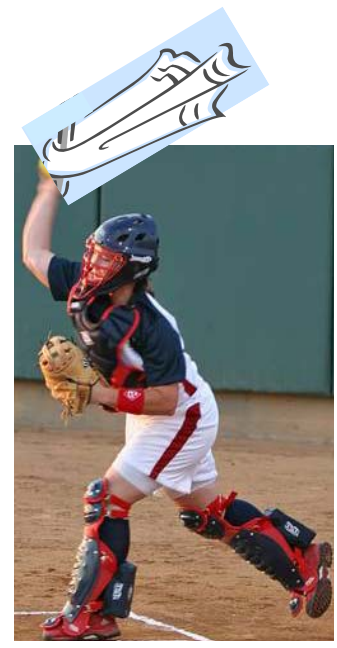
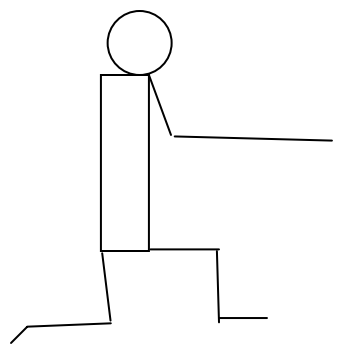
- Keep ball visible to receiver
- Keep palm open during and after toss
- NO LOOPS!
- Firm but no Fire!



PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

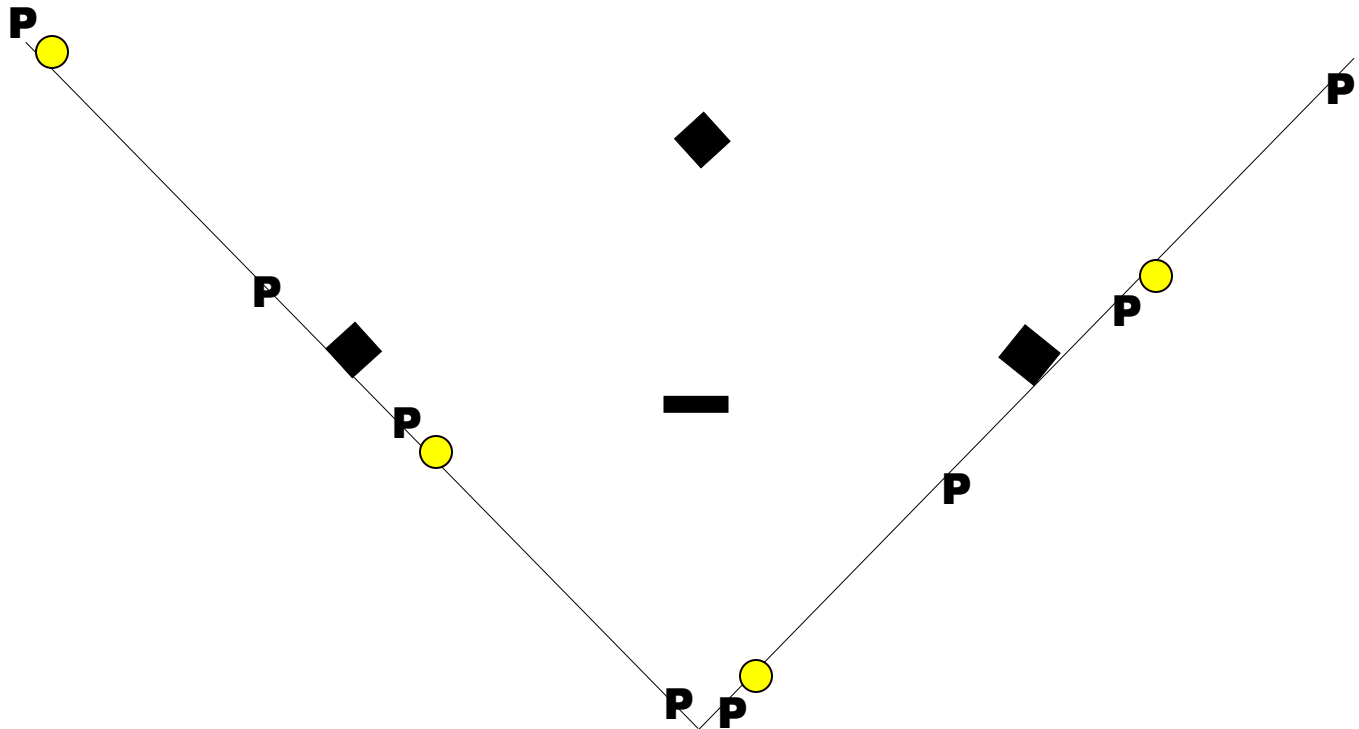
DRILLS –

Towel Drill



DRILLS -

Foul Line Throws



DRILLS –

Quick Throws for Time

- count number of touches in certain amount of time

X6 ●

X5 ●

X4 ●

X6

X5

X4

PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

DRILLS –

Quick Throws to 20

- pair to 20 touches first, wins

X6 ●

X5 ●

X4 ●

X6

X5

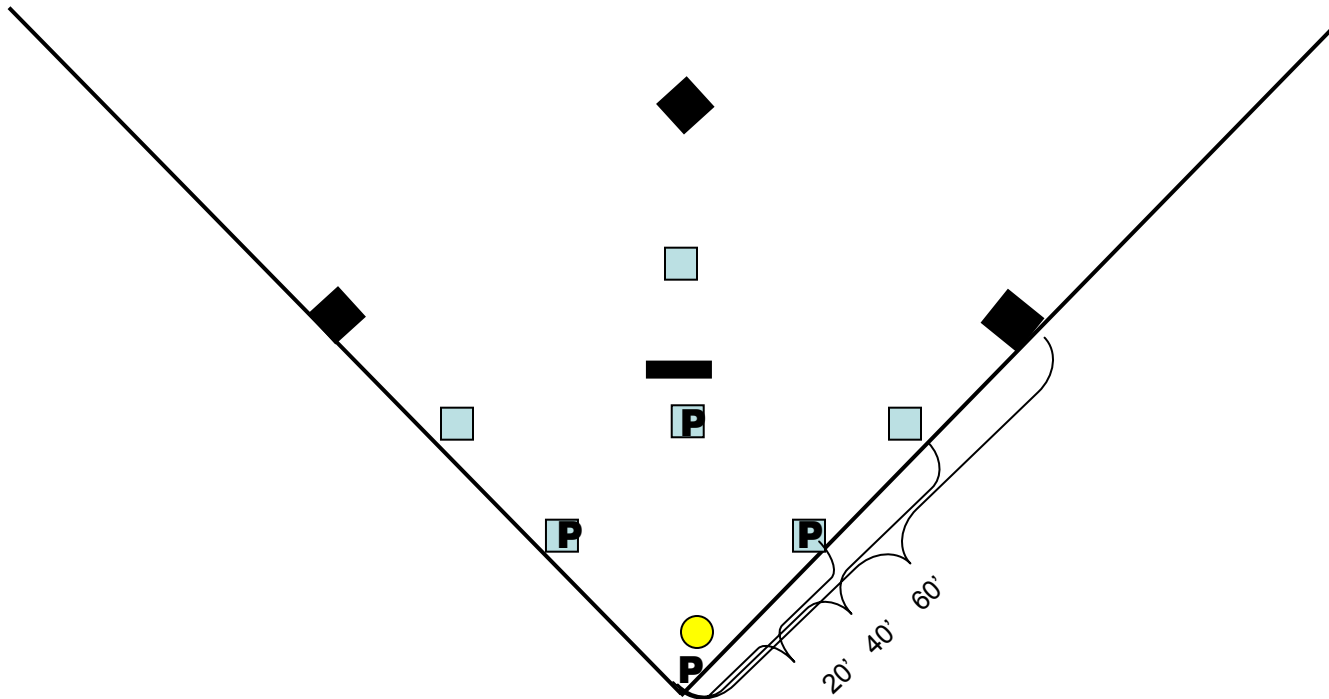
X4

PROGRESSIONS & DRILLS FOR TEACHING GAME THROWS

DRILLS –

20, 40, 60

- team in groups of 4
- fastest time around each distance /times times each, wins



DRILLS – (on overhead)

Throwing Game

Throw and Go

Groundball with Runner

Double Runners