

# **Pulaski Baseball Concentrated Throwing & Catching**

\*75% of errors in baseball are throwing errors-perfect practice makes perfect!

1. Wrist Flips-Glove under elbow
2. 1-Knee (8-10 yards apart--upper body focus extend & reach)
3. Stand 2 Feet Square (12 yards apart) Upper Body Rotate & Throw
4. Rock forward & back & throw Lower Body Focus
5. Movement to Throws: Right/Left Throw & Follow (Body follows 2-3 steps)
6. Movement to Throws: Right/Left Shuffle & Follow (Body follows 2-3 steps)
7. Ball in Glove Fielding Position: Right/Left & Throw & Follow
8. Ball in Glove Fielding Position: Right/Left Shuffle, Throw & Follow
9. Rapid Catch/Rapid Fire (10-15 Seconds Only)
10. Forward & Backward Throwing Off Wrong Foot
11. Crow Hop Long Toss

***\*30 Seconds Each or 5-6 Throws & Move On--Snap & Hustle to Each New One.***

***\*All catching is done with both hands: receive the ball in the middle of the body.***

***Add challenges, you can make it a competition. Example: No balls hit the ground, 20 throws timed, 1st group to 20 throws, etc. We want them to be focused & create urgency & pressure. Pressure throws in the game will become second nature--create an atmosphere that this is throwing & catching practice--not just warming up.***

## **Can Add:**

1. Moving to a Forehand & Backhand Ground Ball to Throw
2. Dive (Both Ways) to Pop-up to Throw
3. Football Throwing (Smaller-Youth Balls)
  - 1 Knee
  - Square Shoulders
  - Wrong Shoulder
  - Forward & Backward
  - 3 Step Drop (Can add patterns for fun & athleticism)

## **Basic Mechanics (Emphasize these things as you do "Concentrated Throwing")**

1. Grip: Every kid should know how to find 4 seams (fingers across the horseshoe)
2. Fingers on Top of the Ball
3. Separation to Power L: Smooth & Rhythmical (Small circle, thumb down & finger up)
4. Power L: Show ball to shortstop, never to 2nd base (stresses shoulder & elbow)
5. Elbow shoulder height
6. Opposite elbow slots into side with glove hand up. Extend arm & reach toward target
7. Drive off back leg, rotate, & follow through to target bringing back leg through.

