

6 Step Throwing

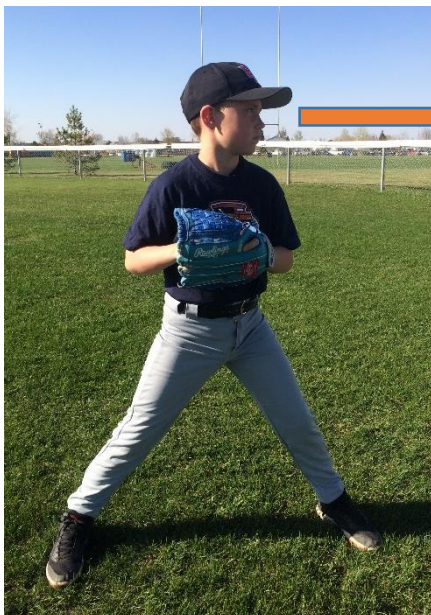


T-Ball-Rookie

Inside of this package you will see the very start of our FMMbA throwing progression program. Everything in baseball starts with the ability to throw the ball with proper mechanics. This will ensure not only assist with proper muscle memory. But help prevent future arm care complications. Inside this program you will see our first 6 steps. **Grip, Look, Elbow , Elbow/Pit , Knuckles, and Throw.**

Grip

Gripping the ball across the seams is called the 4 seam grip. To find the finger placement on the ball you have to find the letter C. Then place fingers across the letter to create the grip. Players with smaller hands may need to use 3 or even 4 fingers.

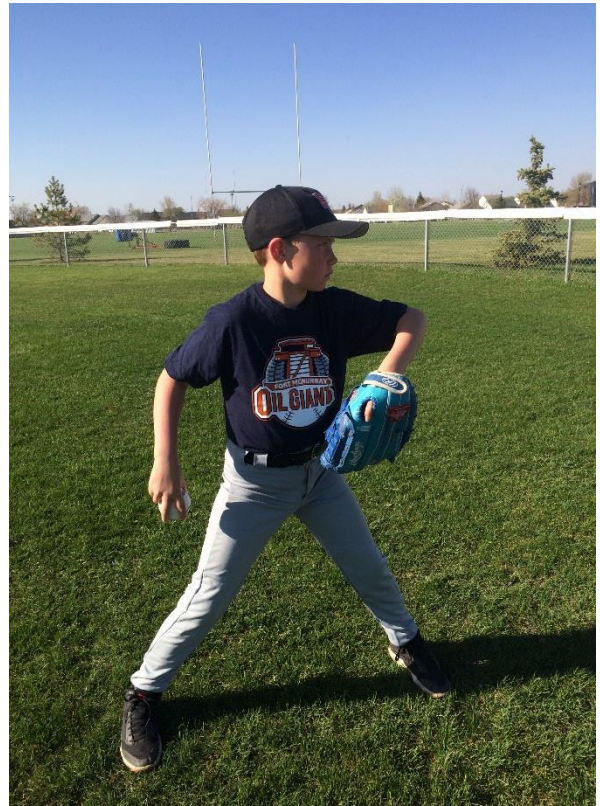


Look

Make sure once you find your balance point, that your eyes are always looking at the target. Your body will always follow your head.

Elbow

With your glove hand arm, use your elbow to aim at the target. Your glove should be out off of your body allowing your forearm to relax.

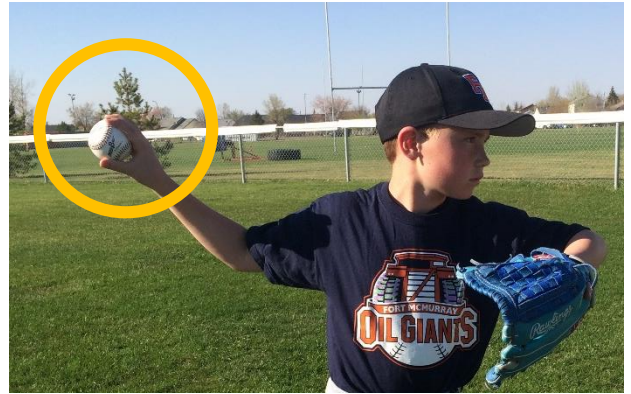


Elbow/Pit

Your throwing arm should then come up so that your elbow is the same height as your arm pit. This is about 90°. This will put your upper body into a T position.

Knuckles

Once in the T position your hand needs to be pointing away from your body with your fingers on top of the Baseball. As a right hand thrower the baseball should be facing between the shortstop and the second base bag. As a left handed thrower your Baseball should face between the second basemen and the second base bag. The throwing hand knuckles should be visible to the player.



Throw

As your throw you have to rotate the hips and continue to look at your target until you have released the Baseball. Your throwing hand should finish on your outside knee and your glove should be right into your midsection.