

FMMBA Coach Training Series



9U – 18U
Throwing Program

<https://youtu.be/yXxAZ7HuvQo>

1 Knee Straight Leg Drill-

Player is on one knee with the glove side leg straight out. Pointing your ankle to your target. With hands in set position in front of chest. Player breaks hands while rocking the hips and throws, finishing with throwing hand thumb at glove side hip. Emphasis is on breaking the hands correctly, using the core to stabilize, and working on extension, pronation and release point.

Frequency: 5

Distance: 25 feet

Velocity: 25%

Squared Up-

Player stands with feet a little over shoulder width apart. Player breaks hands while rocking the hips and throws, finishing with throwing hand thumb at glove side hip. Emphasis is on breaking the hands correctly, using the core to stabilize, and working on extension, pronation and release point.

Frequency: 5

Distance: 25 feet

Velocity: 25%

Rock and Fire-

Player is in a side position, start in finished stride position with front foot pointed towards partner in bent knee athletic position. Player rocks forward, then back, breaks the hands down the midline and throws, creating arm circles as ball is thrown. Player rotates back foot but does not lift back foot up. Concentration is on staying closed with the glove side and using the hips to rotate.

Frequency: 5

Distance: 25 feet

Velocity: 50%

Marshall Drill-

Set up is same as rock and fire, facing the opposite way. Rock back, rotate and throw. Emphasis is on clean break point, opposing hip forces and pronation.

Frequency: 5

Distance: 25 feet

Velocity: 50%

Leg Hang-

Player comes set. Lifts glove side foot about one inch above ground and holds. As leg lifts to hip, the glove and arms come up. As you stride you want to land on the balls of your feet, not your heels. Throw down hill and finish with your chest over your throwing knee.

Frequency: 5

Distance: 40 feet

Velocity: 80%

Wrong Foot Throws-

Player walks towards target and breaks hands as glove side foot plants. Step with arm side foot and throw. Focus is on clean arm action, breaking correctly and leading with triceps through the window. Finish with exaggerated pronation, arm side thumb down at arm side hip.

Frequency: 5

Distance: 40 feet

Velocity: 80%

Shuffle and Throw-

Player uses shuffle to help create movement. As you gain ground forward you create separation. You should finish with your chest moving over your knee. Finding 4 seam grip as you come through. Start with ball flat and zero movement.

Frequency: 5

Distance: 50 feet

Velocity 100%

Carioca and Throw-

Player steps behind with the back foot, which allows you to keep your shoulders closed, forcing you to rotate your hips as you come through the throwing motion. Ball starts flat, with 4 seam grips. Find target as you come through your throw.

Frequency: 5

Distance: 50 feet

Velocity: 100%

Crow Hop-

Player creates a step over action, about 6 inches of separation from the ground. On landing you should be throwing downhill towards your partner. Be aggressive and gain as much momentum with your lower half as you can.

Frequency: 5

Distance: 50 feet

Velocity: 100%