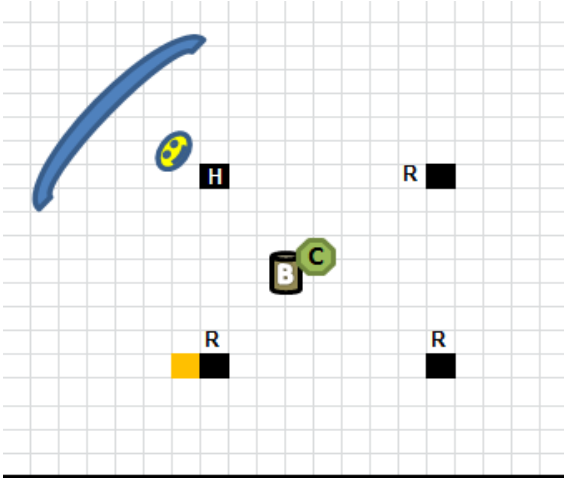




Catcher drill #2 Knee Throws



Knee Throws Mechanics 12 mins

Focus is on knee mechanics NOT throw

- throw path 2/3 distance
- glove hand hard drive to transfer
- glove leg drives down and toward target
- throwing leg rotates around 'is' follow through
- throwing arm follows through hard bringing back leg around to front side

WHOLE body involved in this move



Drill by: Sue Hokanson