The Scots College

FIELDING SKILLS TEMPLATE

Throwing Routine

• Each player will have a baseball glove on.
• Players will pair up and stand opposite each other over the various distances below:
  o 3 minutes throwing over 10m to a partner
  o 3 minutes throwing over 15-20m to a partner
  o 3 minutes throwing over 25-30m to a partner – if players cannot throw this far on the full, then they may use a bounce throw, but it must only bounce once.
  o 3 minutes throwing at a target (marker placed on the ground between the 2 partners) 15-20m away with partner.

Coaching Points

For all throws, the following coaching points apply:

• Make sure that elbow is higher than shoulder.
• Throwing hand is outside the line of the shoulder (not behind head).
• Your shoulders and hips are pointed towards the target.
• Players are to take 2 or 3 steps towards their target before they throw, and follow through 2 or 3 steps towards their target (not off to the side like many do) after they throw.
• Throwing hand is to follow through out in front and across the body (outside and lower than opposite hip).