

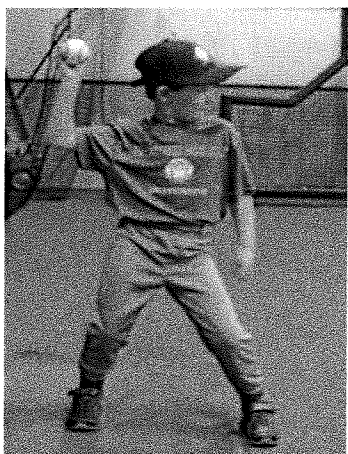
Throwing - Teaching Progression

Ready-Aim-Throw

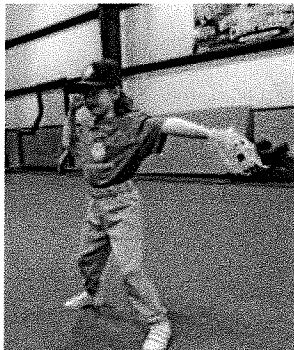
Ready – The first part of throwing is to get in a ready position to throw. In our Ready position, we need to have a strong base so we need to be in a good athletic position with slight knee bend. For our arm, we want to bring our throwing arm down, reach back, and lift the arm to shoulder height. With the elbow at shoulder height, the elbow should be bent at 90 degrees or less.



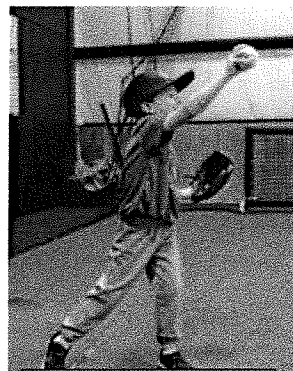
Aim – Second part of the throwing motion is getting ready to aim the ball. How we do that is point the glove elbow towards our target. Lining up your glove shoulder and elbow pointed towards the target, with your glove at a 90-degree angle to where you want to throw and parallel to the ground. At this point, our throwing hand is in the ready position.



Ready with ball facing out



Aim with glove to target



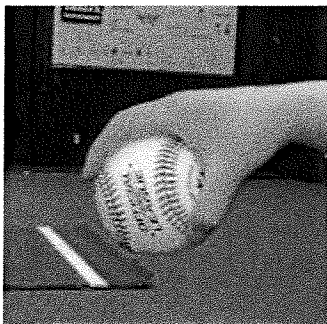
Release Point

Throw – The final step of the throwing motion. From our ready and aim position, turn the hips so that the bellybutton is facing the target and move the throwing arm forward to release the ball. They should release the ball in line or out front of their front knee.

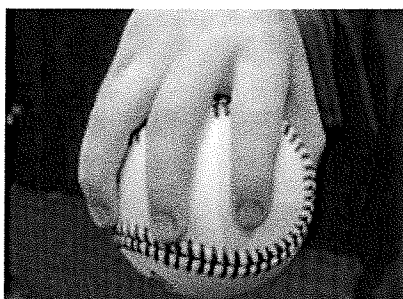
Grip – 6U

Two or three fingers on top of the ball, thumb on the bottom/side of the ball. Because of hand size all are likely to use 3 fingers and the thumb will only go part way down the side. Some players may even have to use all fingers due to really small hands.

Correct players who hold the ball in the palm of their hand.



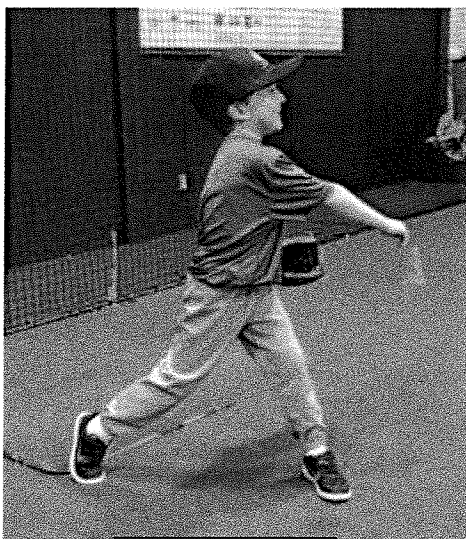
Thumb under ball



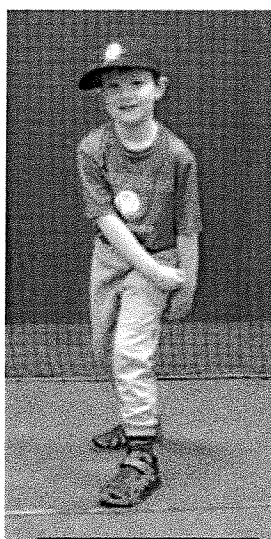
Across the seams

Follow Through – 6U

Follow Through – AFTER release of the ball, continue the arm path of the throwing hand down towards the opposite hip and bring the throwing side leg through



Arm Path



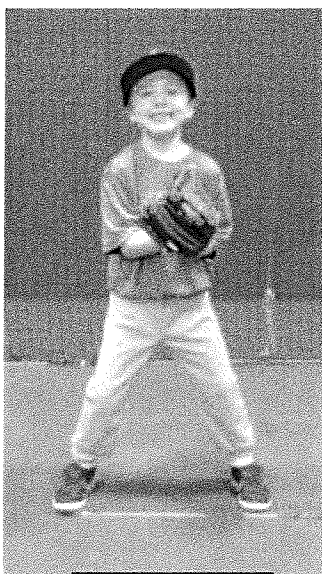
Arm Finish



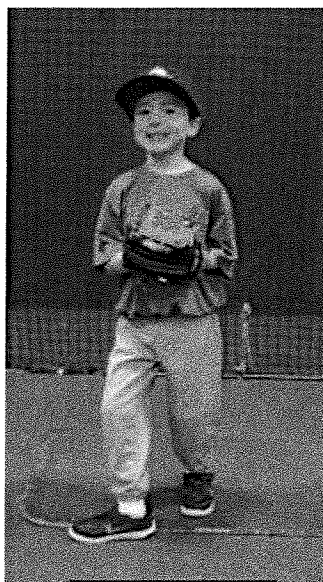
Leg Follow Through

Throwing Progression – 7U

Throwing Progression Intro – This is where we put everything that we have taught over 2 years into effect and more into a “true” throwing motion. Knowing that we never start in a perfect throwing position, we normally start with our chest towards the ball, and need to throw the ball in a different direction. What we do is start with our chest square, take a step with our throwing arm foot like we are kicking a soccer ball (instep facing our target).

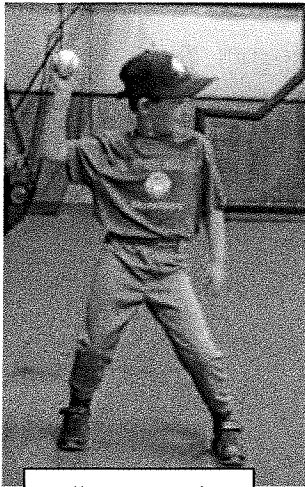


Chest Square

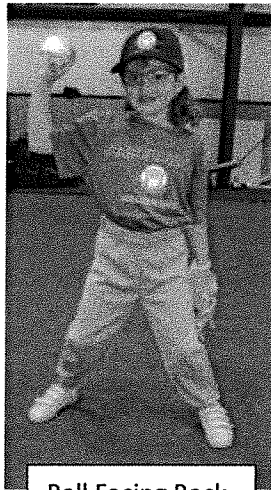


Soccer Kick

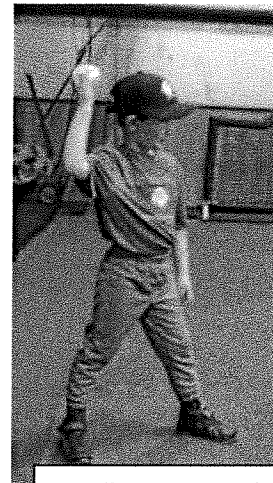
Step/Show dog the ball – The next steps we want to do almost simultaneously. Take a step forward with our glove foot pointed towards our target first, then get in our ready position, and aim. One key thing to add into our ready position is that the ball is facing the same direction as our chest, or facing in the opposite direction of where we want to throw the ball. This is called showing the dog the ball. Either is acceptable. We do not want them to have the ball facing the back of our head.



Ball Facing Side



Ball Facing Back

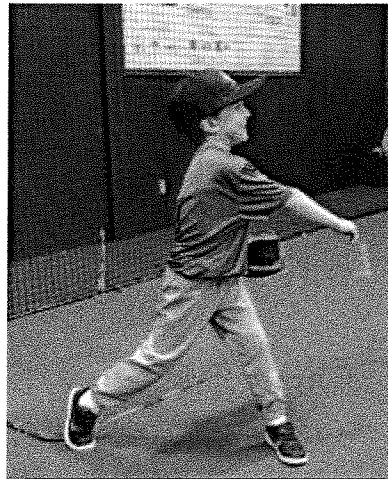


Ball Facing Head
INCORRECT

Our final steps are Throwing the ball and the Follow Through. From our ready and aim position, turn the hips so that the bellybutton is facing the target and move the throwing arm forward to release the ball. They should release the ball in line with their front knee. SEE BELOW. For our Follow Through and AFTER release of the ball, continue the arm path of the throwing hand down towards the opposite hip and bring the throwing side leg through SEE BELOW.



Release Point



Follow Through