

Throwing and Pitching Drills

Long Toss

Age Appropriate

Grouping 4, ages 7 to 15+

Objective

To develop arm strength and lengthen the throwing motion

Setup

Two players and a baseball

Execution

This drill helps improve any player's arm strength and is not just for pitchers. Warm up playing catch. Once the arm is warm, move back a few steps with each throw. Get far enough apart that it's a challenge to get the ball to the partner. Take a long step forward, concentrate on keeping the elbow way above the shoulder, and throw the ball with a slight arc. Shoulders should remain on about the same plane throughout the delivery; we're not trying to throw pop-ups. It's okay if the ball arrives on one hop. Throw until arms start to fatigue, then move closer to finish up. Pitchers should do this drill between starts. Younger players shouldn't try the drill more than once a week. Older position players can do it several times a week.