

Fun Throwing Drills

Other Throwing Games

Age Appropriate

Grouping 1, all ages

Objective

To make basic throwing drills more fun

Setup

A bucket of balls and a target

Execution

Just about any throwing drill can be turned into a contest by adding a target. Players can throw at a painted, taped, or drawn target on a fence, wall, or screen. Or they can try to knock a ball off a batting tee. Try anything that makes players concentrate and attempt to throw with accuracy. Stress proper mechanics at all times: four-seam grip; get the ball down, out, and up; elbow above the shoulder; point the front shoulder; step toward the target; follow the throw.



Coaching Keys

When players are struggling with their accuracy, check for a proper four-seam grip, that the front shoulder points toward the target, that the step is toward the target, and that the elbow is staying above the shoulder. Remind players to follow their throws toward the target after releasing the ball.

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