

INSTRUCTIONAL DRILLS FOR YOUTH BASEBALL

1st STATION THROWING

(1) Throwing the Baseball

1. Throwing the Baseball:

- Have the kids line up in a single file line with a coach down field waiting to catch.
- Position the kids, with a glove and ball, sideways as though they were going to throw toward the fielding coach.
- Have the kids put their hands together with their throwing hand on top of the ball and their glove on top of their throwing hand.
- Demonstrate that you want to bring your throwing arm up over your shoulder, turn your hand so the ball is facing in the opposite direction and you are making a right angle.
- Have kids side-step 3 times toward the fielding coach and throw the ball hard toward him.
- Make sure the front shoulders of the kids are staying closed when they are side-stepping and throwing.
- I like to refer to the front shoulder as the “scope”. The kids can aim their front shoulder as a “scope” at their target and fire the ball in the direction of their “scope”.
- Have the kids repeat this drill several times.
- Keep an eye on the form and make sure the kids bring the throwing arm up into a right angle and their front shoulder “scope” in.
- Demonstrate to the kids that it is very uncomfortable to throw in one direction if your front shoulder “scope” is pointing in another direction.
- You want the kids to perform this lesson in a quick but controlled manner. Your hands and feet need to be quick so the coached should be evaluating the time.

INSTRUCTIONAL DRILLS FOR YOUTH BASEBALL

2nd STATION THROWING

- (1) FIELDING POSITION
- (2) SKATEBOARD
- (3) THROWING DRILLS

1. Fielding Position:

- Have kids spread their legs a little more than shoulder width.
- Bend knees and keep bottom down.
- Fully extend hands together out in front as though you were carrying a tray of “hot tea” (don’t drop it).
- Make sure kids have balance and they are not too far extended and their knees are not fully bent.

2. Skateboard:

- Everyone remembers a skateboard as a kid. This term is a very useful tool when getting the kids to remember their throwing position.
- “Get on your skateboard” or “Jump on your skateboard” will be the commands. Demonstrate to the kids the following: (Just as you remember jumping on a skateboard) Jump and turn your body (including feet) and land in the position of throwing. You want to land sideways with your front shoulder (“scope”) pointing in the direction of your target. Make sure your throwing arm is in the position of throwing (right angle with the ball pointing to the opposite direction in which you are throwing).

3. Throwing Drills:

- Place kids in a single file line with their gloves.
- Place another coach at 1st base. Put the kids in a fielding position and remind them of the stance.
- Place a ball out in front of kids and give the following command: “Pick up the ball, jump on your skateboard and throw the ball hard to 1st base”.
- Observe the position of the kids throwing and make sure the front shoulder “scope” is lined up properly with first base and

their feet and throwing arms are in the proper position.
(Remember right angle for the throwing arm).

- Remind the kids to lead with their front shoulder “scope” wherever they throw the ball.
- Repeat this drill over and over and continuously remind the kids to throw the ball hard and point their “scope”.