

Section: Throwing, Receiving, Fielding

Throwing - Skill Outline

THROWING

Fundamentally sound throwing mechanics and grip are necessities in throwing the baseball accurately.

Grip

The grip is one of the most important parts of throwing. The size of the players hand will often determine whether 2 or 3 fingers are needed to grip the baseball. Younger players will need to use 3 fingers until their hand grows and they are able to control the ball with a two-finger grip.

1. Place the pads of your index and middle fingers across the wide seams.
2. Place the thumb on the underside of the ball between the fingers.
3. Keep a finger width space between your hand and the ball.



Throwing Mechanics

1. Facing your target, place the ball in the glove face down and chest high.
2. Pivot your throwing hand foot perpendicular to your target. At this point, rotate the glove hand shoulder and hip so that the body is perpendicular with the target. The ball remains in the glove, with head still and eyes focused on the target.
(fig. 4)



3. Start the stride by stepping with your glove hand foot towards your target. Break the hands in a downward motion (thumbs to thighs) with the throwing hand extended down and the ball facing the ground.
(fig. 5)



4. The throwing arm rotates down, around and up past the back hip to a point above the head where it will begin to rotate in the direction of the target. The arm should remain slightly bent at the elbow as it reaches it's highest point. The ball should arrive at its highest point (fingers on ball should be pointing toward second base) as the stride foot contacts the ground upon the completion of the stride.

(fig. 6)



5. The glove should be extended in the direction of the target with the thumb pointing towards the ground. The glove hand will be drawn back into an area between the chest and waist as the ball is thrown towards its target.

(fig. 6 - fig. 7)

6. As the hips rotate towards the target, the throwing arm rotates bringing the ball to the release point. The elbow should remain above the shoulder with the fingers behind the ball as the arm moves forward.

(fig. 7)



7. The ball should leave the hand with a 12 to 6 rotation (time clock).

8. After releasing the ball, a full follow through and arm extension will maximize distance and accuracy. The throwing hand should extend towards the target and fully complete its arc. The back foot should rotate and raise off the ground prior to coming to rest in line with the front foot.

(fig. 8)



© 2008 Baseball Canada - 2212 Gladwin Cres. - Suite A7, Ottawa, ON K1B 5N1
email: info@baseball.ca voice: (613) 748-5606 fax: (613) 748-5767

