Wasilla Youth Baseball—Player Training Guide

LESSON: Spartan Throwing Progression

PURPOSE: Learn Throwing Fundamentals consistent with WYB throwing progression

Step 1: "Grip"

4 seam grip provides best throwing control Two or three fingers "across the horseshoe" First knuckle grips the red lace









Step 2: "Snaps"

Stand shoulders square to partner
Throwing elbow raised to shoulder level
Rest throwing elbow on glove
Draw ball back to ear then snap toward target
Distance is close (approx 10-15 ft)
Rotation is backward → basketball freethrow





Step 3: Glove Knee Toss OR Standing Skateboard Toss

(Focus—upper body rotation, no feet) **Glove knee down** pointing to partner

- --Raise glove /glove elbow to target
- --Extend throwing arm back with fingers on top of ball, thumb under ball
- --Raise elbow over shoulder to throw
- -- Nose and chin to target (partner's chest)
- --Follow through across down knee thigh
- -- Tuck in glove while throwing under arm pit

Skateboard—same exercise standing on a skateboard

- --"On skateboard" glove side to partner
- --Rotate weight to rear hip with glove point to target and throwing arm elbow raise
- --Follow through across chest



Step 4: Step and Throw

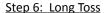
Add a stride with lead foot turning toes to target

Momentum of full body follows through throw

Follow through with trailing foot—"nose to leather"



Add three hops to previous drill on rear foot Builds momentum for long throws



Increase distance—focus is accuracy not velocity Shorten distance at end—reset throws on a line



