

## 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"



### Step 5: Hops

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

### Step 6: Long Toss

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