



BASEBALL
CANBERRA

THROWING PROGRAM



DOUBLE KNEE EGG BREAK

We have our players get about 10 meters apart, get on their knees, and face each other. This drill is created to help separate your hands properly and into the right position. This movement looks as if you are “breaking an egg” and dropping the yolk as your throwing arm breaks away from your glove. Rotate your glove arm shoulder toward your target and simultaneously take the ball from the glove with your thumbs facing down. As you take the ball out you want to make sure that your front shoulder is higher than your back and you take the ball out of the glove close to your body. When first learning this, I suggest pausing to make sure the front elbow is higher than the shoulder and the ball is low on the back side, this also allows us to check to make sure we are below 90 degrees everywhere and not in a reverse w. Once you are comfortable with every one’s position you can do this without any pauses you continue the hands on their opposite paths until you throw the ball.



STANDING EGG BREAK

This is the exact same movement only you are standing and directly facing your partner. Remember break your hands like you are breaking an egg, take the ball out and keep it close to your body, and make sure your front shoulder is higher than your back until you are ready to throw, this is creating “tilt”. Once again if you are just learning, it may be a good idea to pause and check your arm angles to make sure there are not any inverted “W’s”



T-SPINE TWISTS

Start on the line facing your partner. Both of you need to turn toward your glove side. At this point both of your throwing arms are closest to each other. Start with the ball in the glove, elbows up, and chest height. Turn toward your glove side, exposing your back to your partner making sure your hips and feet do not turn in, then twist back the opposite way far enough to make the throw to your partner. Initiate the uncoiling and throwing motion with a hip hinge. You should finish this drill with your back flat, glove tucked, and shoulder pronated. A good pronated position is with the scap is high on the back near the ear, the elbow bent slightly high and the thumb pronated toward the ground. This is a drill that is meant to help increase your hip and shoulder separation creating “torque” and naturally put your shoulder into a pronated position.



EXTENSIONS

Make sure the athlete lunges out wide putting himself in a post stride, foot plant position. The key points of this position are having your weight on the front leg, the glove tucked with a good post arm and the throwing arm in a pronated position. Once again a good pronated position is with the scap is high on the back near the ear, the elbow bent slightly high and the thumb pronated toward the ground.

Starting from this “decelerated” position the player will rock his weight back, rotate into the egg break pause position and check his elbows and shoulder tilt. He will then throw to his target not allowing his back foot to come through, focusing on weight transfer, a balanced finish with glove tucked, and his throwing arm shoulder being closest to his target.



EXTENSION #2

The same as Extension #1 except this time your back leg will come through as if you are pitching into a good single leg hinge position. There are no pauses in Extensions #2



HIP STRIDES

Start from the stretch position. Stand on your back foot and hook your lead foot behind your back knee. Fall forward by leading with your hip until the momentum of your fall pulls your foot from behind the knee and completing your throwing motion and finishing in a good Extension #2 position. The keys for this are leading with your hip and having a big stride and always remember your arm angles by having good tilt.



WALKING T SPINE TWISTS

Start facing your partner. Take a step forward with your throwing hand foot, keeping your toes pointed toward your partner. Maintaining the momentum you created from that step, take the next step with an open foot as well. Your hips should turn as little as possible while your upper spine or TSpine does all of the rotating, and without pausing continue with your normal throwing motion finishing with your back leg coming through.



CROSS UNDERS

Start in an athletic stance, with the ball in your throwing hand separated from your glove. You should look like a scarecrow, nice and loose. As you start your dynamic throw, swing the ball in your throwing hand under your glove hand as your rear leg crosses behind your front leg. This is a skip, and momentum should be the focus. Then let the momentum of the skip allow you to uncoil both arms and legs focusing on getting a big chest and creating tilt. If done properly momentum should carry the thrower a few steps toward his target post release.



2 HOP LONG TOSS

You run up completing a crow hop, but instead of throwing once you bound off your back foot you actually bound a second time before completing your throw. This second hop allows your body and hips to tilt more naturally into a good throwing position

