

Fundamental Throwing and Receiving Mechanics

"When you can't play catch, the game becomes horrifying." – Bill Edwards

1. Prehab and warm-up – pulsing and bungees
2. Basic throwing and receiving mechanics – backward chaining.
 - Follow through - long levers and thoracic spine extension and rotation
 - Rag-arm – kinetic link sequencing and scapular loading
 - Separation – fingers on top of the ball, feet and hands in sync
 - A good receiver: happy feet, rhythm of the game, nose-knuckle
 - Rhythmic catch
 - Step and throws
 - reverse turns/Over the shoulder (position-specific)
 - fake throws (position-specific)
 - throws on the run – forward - off “wrong” foot; lateral both directions
 - run-downs throws-two handed tags (extend)
 - Relays
 - Load and Throws

3. Functional throwing sequence: [Receivers work on tags from different angles]

- Forehands standing
- Forehands ground
- Backhands ground
- Backhands (Step through)
- Snap throws front (Butt down)
- Twist and throws (Butt down)
- jump pivot and throw – “switch your feet”
- sway and throw - “drunken sailors”
- Forehand flips
- backhand flips
- Forehand glove flips
- Backhand glove flips

4. position specific dailies

Outfield

3 steps behind
Over the shoulder
Head turns/washing machines
NDSU drill

Infield

PFPP /short hops
1,2,3s/Pick your hops
looptys Forehands/Backhands

