

Throwing Program

*** Do before every practice and game**

Drills:

- 1 – Basketball flips (5 steps apart)
- 2 – Stride drill (10-12 steps apart)
- 3 – Balance drill (10-12 steps)
- 4 – One knee throws (10-12 steps)
- 5 – Regular throws (12-14 steps)
- 6 – Catch and load (12-14 steps)
- 7 – Quick throws/sidearm (12-14 steps)
- 8 – Crow hops - on a line (20 steps)
- 9 – Long toss - arc (30 + steps)

* I suggest 6 reps of each and build up to 8-12 as the season goes on. If you can keep everyone in line with someone leading, it looks sharp...can be difficult though.

Tips to remind them on:

- Always throw at a target.
- Start out throwing easy and build up...crow hops and long toss should be hard throws.
- Do the drills correctly...otherwise they are wasting their time and will form bad habits.
- As the season goes on they will want to screw around and not do all the drills...correct repetition is the key to improvement.
- Implementing this even once a week would help.