

Overhand Throwing Fundamentals

1. **Grip**

* Hold the ball in your fingers (the ball shouldn’t touch the palm) loose enough to wiggle the wrist, but tight enough not to drop the ball.

1. **Get to the X**

* Form the letter “x” with the front foot and front shoulder pointing at the target. The ball should be facing away from the target with the wrist cocked.

1. **Release Point**

* As the throwing arm comes forward the glove arm pulls down. The ball should be snapped at the target in front of the eyes with the front leg bent.

1. **Finish**

* Follow through to the front knee to insure snap and arm speed.

Common Throwing Problems

1. Grip

* Many athletes, especially our younger players, hold onto the ball with their whole hand. This happens because often the ball is just too big for their hand. When the ball is gripped with the whole hand, the athlete looses flexibility and snap – the most important part of the throw.
* Make sure the ball is being gripped in the fingers and that there is space between the palm of the hand and the ball.
* An easy way to help athletes get comfortable with this is to use a smaller ball (11 inch ball, baseball, or zip ball). With a ball that is no overwhelming the hand, the athlete will find it easier to stay flexible and snap the wrist.

1. Release Point

* A common problem with a lot of throwers is where they release the ball. Often times, athletes let go of the ball by the top of their head. This causes a number of problems:
  + No momentum so they can’t get anything on the throw
  + No visual cues – they are releasing the ball where they can’t see it. It’s hard to be accurate if you can’t see the ball.
  + Arm health – at the top of the head you are using less muscles than if you release out in front of your face.

1. Follow Through

* Many athletes stop their arm just as they release the ball. In order to stop your arm, you have to slow down. Arm speed is a key element in throwing the ball hard.
* The athlete should follow through to the front knee after each throw.