



Fairfax Little League Throwing Clinic

I. Intro (10 minutes)

Teams (5 minutes) (:30)

- Have each team segregate in locations in RF - extending to CF depending on number of players.
- Make sure Managers/coaches have baseballs for their team - one for every two players, plus extras for parents

Intro (5 minutes) (:35)

- Bring players together
- Introduce
- Explain - working on throwing and catching. You will be partnered with someone from your team or the team next to you.
 - Throwers - to target
 - Receivers - glove up with target. Athletic position
- If the ball gets by you, don't chase it. Parents will give you a new ball and chase it for you.
- Explain first drill then release to managers to pair up

II. Throwing Mechanics Drills (30 minutes)

Form Throwing (15 minutes)

- Bring players together after each drill (5 minutes per drill)
- **Flip Wrist:** 10 ft apart. Players kneel on two knees. Arm in front - shoulder and elbow at 90 degree angles. The glove rests under the elbow. Throw the ball like a dart - don't rear back and throw. (:40)
- **One Knee:** 15 ft apart. Players kneel on one knee. Start with the ball in front of you in hand on the grass. Sweep it behind you in a large circle - note that the ball should be pointing to ss (for rh) or 2b (for lh), not directly behind with arms bent at elbow. And continue to throw (don't stop). (:45)
- **Cement Feet:** 20 ft apart. Facing partner with feet shoulder width apart, players twist 90 degrees at torso, separate, and throw, ensuring that the arm gets into the same bent, ss/2b facing position. (:50)

Progressive Throwing (15 minutes)

- **Rock and Fire:** 30 ft apart. Facing sideways to partner (shoulder, glove back, hip), shift weight to front foot, then shift weight to back foot. As you shift the weight back, separate and throw, ensuring that the arm gets into the same bent, ss/2b facing position. (:55)
- **Shuffle:** 40 ft apart. Facing sideways, slide step or 2 to partner. Separate as you shuffle, and throw after the second shuffle. Gain momentum as you shuffle and follow the throw (getting your back foot in front of your front). (:00)
- **Egg toss:** (Optional, if time permits) Face to face, toss ball to each other; 1 step back if you catch it – see how far you can get (hand-off, underhand, overhand). When the ball hits the ground, stop and don't move. (:05)
 - Note that only the player catching the ball takes a step back, not the player throwing the ball.

III. Cool-down & Review (5 minutes)

Q&A / Review (5 minutes) (:05)

- **Open Discussion:** Address any questions from players regarding throwing mechanics or arm care.
- **Key Takeaways:** Reiterate important aspects of proper throwing technique and the importance of arm care.

Notes:

- Adjust drill intensity, and distance based on the age and skill level of the players.
- Have one line on the foul line and they remain stationary as the drills progress - only move the other line back
- Emphasize proper technique over velocity.
- As a practice/pre-practice warm up, have each player make 10-15 throws at each drill and replace egg toss with long toss - moving the players back beyond the length of the baseline, having the moving line take a step back after each throw. One hop is fine but the players should start to air it out while maintaining technique.

Clinic Details:

Item	Detail
Date	Weekly on Tuesdays during the fall season.
Time	5:30 - Single A baseball/AA softball 6:30 - AA baseball/AAA softball
Location	Providence 3