**Throwing Drills – Emphasize the Intent for each Drill**

**Over Load Programs >** 1) Long Toss, 2) Weighted Ball Drills, 3) 2 Knee Drill at extended distances

**Two Knees Drill –** 45-degree angle, **One Knee (Decel) Drill** – back knee elevated 5-6”, knees on line

**Wall / Fence Drills** – Hips Lead – Glute/Pelvis Load as You Go – emphasize intent for each drill

Set Position –1) Glove Side to the Wall 2) Throwing arm side to wall, 3) Back to Wall

**Marshall 1\*** (Hip – Upper Body Separation) or **Marshall 2 Drill**\*

**Back Shaping / Torque Drill**\* - 1) Stride Position (Bell Club), 2) Ball or Club 3) Lead Leg Balance

**Connection Ball Drills** – 1 / 2 / 3 – Can Blend w/ Some Other Drills

**Elbow Rock Drill** (Shorter Arm Arc) – 1) Stride Position, 2) w/ Step Behind

**Arm Swings Drill** (Longer Arm Arc) – 1) Stride Position, 2) w/ Step Behind

**Rev – Up Drill** – Shorter Arm Arc

**Dangle Drill**\* – 1) High Elbow – Smaller Arc, 2) Low Elbow – Longer Arm Arc

**Dead Leg Drill**\* - Glute Load as to go – No Counter Rotation – Raise knee to mid-line/hands

**Jump Back Drill**\* – Glute Load as you go - – get Scap Load at Foot Plant

**Quick Pick Drill** – Lead with Lead Leg Drop Step

**Box Squat Drill & Walking Box Squat Drill** -

**Back Leg Rotator Drill**\* - Jump to Broad Stance – Glute Load & Landing – Back Knee-Down & In

**Walk Through Drill** – No Pause on stride step

**Double Play Drill** – Speed up the Transition

**Turn & Burn Drill** – Rotate into Controlled Stride to Target

**Rocker Drill**\* w/ small stride step – get Scap Load at Foot Plant

a) w/ back ankle rollover (stress BLR),

b) w/ full follow thru -

**Ball in the Hole –** Back Hand, Plant & Throw to Imaginary 1B

**Random Ball Throws –** Normal Throws or Combine with Another Drill

\* Can use Connection Club, Weighted Baseball or Throwing Sock as well as Regular Ball

**Blending –** Start w/ **4-**5 Drill Throws & 1 regular throw & Progress to 1/1 Blend as Skill Improves

**Note** > In most Drills, You Can Put a Weighted Ball in Glove / Hand to get Feed-Back on Glove Side

**Utilize >** Different Drills into your Daily Throwing Program – vary the drills from week to week

**Note** > Under 70 feet - Throw with Partner **down w/ Target –** over 70 ft. **Standing w/ Target**