

# HOME PLATE – THROWING

With a partner or a coach standing in front of the athlete at 10 feet, ask the athlete to throw the ball. Accuracy is not important at this stage. We want the athlete to be able to reach the distance.

Below is an activity that can be used to prepare for this skill:

## **ACTIVITY THE WHEEL (8)**

[Click here](#) for video demonstration

**Goal:** Teach the proper mechanics when throwing a ball.

**Description:** In pairs, the athletes play catch using proper throwing mechanics.

**Equipment:** One ball for each pair

## **VARIATIONS AND PROGRESSION:**

- A. Athletes simulate the mechanics without a ball
- B. Athlete sits with legs crossed.
- C. On both knees
- D. On one knee (arm side knee)
- E. Athletes execute on command:
  - a. throwing arm goes down
  - b. reach back
  - c. lift arm to shoulder height
- F. Execute three circles before throwing:
  - a. Small circle
  - b. Medium circle
  - c. Large circle
- G. Add one step with the glove side (giant step), just before throwing

## **KEY POINTS**

- Explain that the longer the arm circle, the faster the arm speed (small wheel vs big wheel)
- Make sure they hold the ball right, facing away
- Glove foot goes forward while throwing

