

ONE-KNEE THROWING

PURPOSE

To teach players which parts of the body are instrumental in pitching a baseball

EQUIPMENT

One baseball for each pair of players, gloves

TIME

3 to 6 minutes

PROCEDURE

1. Pair up the players.
2. Players form two lines 15 to 20 feet apart. Players in each line should have sufficient space that they don't interfere with each other.
3. Players kneel on one knee (right if they throw right-handed, left if they throw left-handed) with the lead foot pointed directly at their partner.
4. On the "go" command, the partners throw back and forth.
5. After a few minutes, the coach instructs one of the lines to move back a few steps.
6. The players continue throwing.

KEY POINTS

One of the most important things to teach young players is that several parts of the body work together to create the throwing movement. Many beginners falsely believe that only a strong arm is needed to throw a baseball. Players must learn that their legs and hips are also important components for throwing the baseball. By limiting the body parts used in the pitching motion, young players will get a better understanding of what is essential to the whole motion.

1. The player should bring the arm behind the body.
2. Both of the player's arms should be above the shoulder.

3. The player releases the ball in front of the face as the throwing arm extends toward the target.
4. On the follow-through, the pitcher's throwing hand should end up on the outside of the opposite knee.
5. Players should concentrate on throwing strikes to their partner.

Variations

1. The players can do the same drill on both knees to limit the pitching motion to just the upper body; this shows how important the legs are in throwing a baseball.
2. Line up the players side by side and place 5 to 10 cones approximately 30 feet apart from one another in front of the players. See who can knock down the most cones while kneeling.

