

Basic Throwing Fundamentals
“Ready, Break, Throw”

- I. Ready
 - a. Be athletic
 - b. Wide base
 - c. Knees slightly bent
 - d. Front shoulder pointed at the target
 - e. Four seam grip

- II. Break
 - a. Thumbs down (thumb to thigh, ball to sky)
 - b. Opposite and equal arm angles (fix the glove side...glove side should mirror throwing side)
 - c. Glove open at the target
 - d. Fingers facing back and pointing toward the sky
 - e. “Flexed T Position”
 - f. *No tension in your arms (especially throwing arm, should be loose/wristy)

- III. Throw
 - a. Hips deliver shoulders, deliver arm
 - b. Squeeze and swivel glove
 - c. Release the ball out in front of your front foot
 - d. Back foot comes off the ground, back hip rolls through
 - e. Finish in an athletic position