

## **Improving Your Throwing**

### **Ways to shorten your Release Time:**

1. Pre-set the angle of your right foot in your stance so that you do not have to turn your foot, before or as, you are taking your momentum shuffle.
2. Catch the Ball deeper.
3. Shorten and quicken the momentum step with your right foot to get your stride foot down sooner.
4. Improve the transfer from your glove to your throwing hand.
5. Separate the ball from the glove in front of your body, and get the ball airborne as soon as your stride foot hits the ground.
6. Shorten your arm action by lifting your elbows as you take the ball out of the glove. Take the ball out of the top of your glove.

### **Ways to improve your Velocity:**

1. Throw with “Intent.” You cannot throw the ball hard without trying to throw hard.
2. Improve your momentum. Move more aggressively through the ball.
3. Speed up the tempo of your throwing action.
4. Monitor the rotation of your throws. A 12-6 rotation will carry better and hold the ball’s velocity—it is less vulnerable to the effects of gravity.
5. Strengthen your arm with more “long toss” or specific range-of-motion resistance exercises.
6. Improve your throwing mechanics so you can more efficiently apply force to the ball.

**Count video frames** to judge a catcher's area that is in need of improvement:

The goal is to go from Glove to Glove in 2.0 seconds or less.

Note: A pitcher needs to get ball home in 1.2 seconds to be a 2.0-second thrower.

Video shot at 30 frames per second would take 60 frames per second, from Glove to Glove.

1. A normal split is 20 frames per second, from Glove to Release (better MLB catchers take 17 frames from Glove to Release) and 40 frames per second, from Release to Glove.

Cutting time by 3 frames makes a 1.95-second thrower.

2. The over-all goal is to cut 7 frames from the 60 frames, which makes a less-than-1.9-second thrower.

### **Accuracy:**

The target is between the knees and the waist on the first-base side of second base and takes 1/10 sec. to tag.

1. A throw to third base, side or high, delays the tag.
2. A low throw:  
Infielder goes out to catch the ball — a slow tag.  
Infielder catches a short hop, glove goes up — a slow tag.