

**T“Catch and Throw On the Go”
Share the Wealth – January 26, 2013**

**Holly Satterfield & Dr. Susan Hagood
hmsatterfield@valdosta.edu & syhagood@valdosta.edu
Valdosta State University**

Proper Throwing Mechanics -- Throwing Progression –

1. Wrist snaps (Get big arch with a lot of back spin) -> One side move back 5 steps
2. Elongated wrist snaps with elbow at 90 degrees -> Same side move back 5 steps
3. Turn to side, point glove hand at target, “bat wings” -> Same side move back 5 steps
4. Cross step and throw to target (Putting 1-3 together), with follow through (Begin with previous foot positioning) -> Same side move back 5 steps
5. Front facing target stance and repeat step 4 -> Same side move back 5 steps
6. Bend down and “field ball” from left foot for infielders – cross step and throw, outfield – crow hop and throw BOTH with follow through.

Steps 1-2 above with small nerf football (deflated recommended) -- Steps 3-6 with small foam ball

Throwing Game with partner – “21” Partners face forward. Be sure to complete cross step when throwing (step 4 from above). Two target areas: 2 points for a head shot, 1 point for a chest shot. A throw which is caught from the throwing partner, that is outside of those 2 zones are 0 points. First person to “21” wins!

Fielding – Infield Drills – Begin on knees complete 10-15 of each:

- Regular (middle)
- Forehand
- Backhand

“Athletic” fielding position for 10-15 more of each of the above with partner. These drills can be completed with bare hand, oven mitts, baby gloves, and regular glove. ****Keep non glove hand (throwing hand) behind body at all times for safety****

Outfield Drills – Quarterbacks, Pop Fly’s

Fielding Drill with Throwing – Students in groups of 4 (1 roller & 3 in a line). Each line will have a BIG net or throwing target. 1 student will roll or bounce ball to line of students and they will then cross step and follow through to target (net). After 3 times through the line a new roller rotates into position.

Possible Equipment (Optional) –

- Yarn balls
- Incrediball
- Football (Deflated or small nerf ball)
- Oven mitts
- Small foam balls
- Tennis balls
- Nets
- Baby gloves
- Regular Size Gloves
- Hula hoops (for organization of equipment)
- Poly Spots (for spacing of partners)