

COACH'S TIP #2:

How to help fix inconsistent and inaccurate throws.

It doesn't seem like it would make that much of a difference, but what a player does with their glove during the throwing process, has a huge impact on their release point and where the ball goes when they throw. The "front side" (glove and glove arm) can help or obstruct the "back side" (throwing arm). If the glove is inconsistent and out of control during the throwing process the throwing arm will likely be inconsistent and out of control during the throwing process.

Whether they are a pitcher, catcher, infielder or outfielder, your players must have strong and consistent glove sides if they want to make strong and consistent throws.

One of the most common mistakes or faults we see with young players is they don't control their glove and "drop" it to their side causing them to "fly-open" during the throwing process.

As you can see in the picture to the right, this young player has opened his front side way too early because he allowed his glove to drop to his side as he initiated his pitch.



The glove should be near the player's chest at release point. After the player releases the ball and is finishing their follow through, the glove can drop. If it drops prior to release though, the player is "flying open" and they will likely make inconsistent throws.



Notice the glove position at the same point of the throwing motion as the young player above

A great way to practice maintaining a strong glove side is to throw while on one knee. When throwing while on one knee the upper body is isolated and this will make it easier to focus on glove position.

“ONE KNEE THROWING DRILL”:

The player will begin with their throwing arm side knee down and their glove side foot out in front. The arms will start in the “power position” with both elbows at shoulder height. The palm of the glove hand will face toward the target and the throwing hand palm will be facing out (away from the players head).



When they throw to their partner or target the player will focus on their glove remaining up while their body leans forward and their throwing hand reaches out toward their target. The cues I use are “Palm out, palm in,” which describes their glove hand position at the beginning and the end of the throwing process. A secondary focus of this throwing drill is the player’s body position at the end of the throw. The eyes should remain level and focused on the target, the throwing hand should end up on top of the player’s foot (if they reach out to their target properly) and – the main focus of the drill – the glove should end up near the players arm pit – NOT on their thigh, the ground or behind their back.

There are other variables that can affect a players throwing accuracy but if the player keeps their glove and glove arm under control, their release point should be more consistent which will in turn help keep their throws more accurate and consistent.

Look for more Tips & Drills in the “Coach’s Corner” of www.gamerbaseball.com!

Thanks –

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