

Wrist Flicks

3-4 min

EQUIPMENT

1 ball per pair of players, partner 10 feet apart

SETUP & EXECUTION

Players kneel on throwing-side knee facing partner. Glove hand supports throwing elbow. Using only wrist motion, flick the ball to partner. Focus on wrist snap and follow-through with fingers pointing at target.

COACHING POINTS

- Elbow stays still - only wrist moves
- Fingers on top of ball, thumb underneath
- Snap wrist down, fingers point at partner after release
- Ball should have backspin (not sidespin)

SKILLS FOCUS

Wrist snap Grip Backspin

One-Knee Throwing

4-5 min

EQUIPMENT

1 ball per pair, partners 25-30 feet apart

SETUP & EXECUTION

Players kneel on glove-side knee with throwing-side foot flat on ground pointing at partner. Start with ball in glove at chest, separate hands, bring arm back with elbow at shoulder height, throw to partner's chest. Torso should rotate toward target.

COACHING POINTS

- Elbow should be at or above shoulder height ("make an L")
- Glove-side elbow points at target, then tucks to hip
- Rotate hips and torso toward target
- Follow through across body - don't stop arm short

SKILLS FOCUS

Arm path Hip rotation Upper body mechanics

Power Position Throws

4-5 min

EQUIPMENT

1 ball per pair, partners 40-50 feet apart

SETUP & EXECUTION

Players stand sideways to partner, feet shoulder-width apart, weight on back foot, ball already in "L" position (elbow at shoulder height). Front foot steps toward target as player throws. No wind-up - start from loaded position.

COACHING POINTS

- Front shoulder points at target before throw
- Weight transfers from back foot to front foot
- Front foot lands closed (toe pointing at target or slightly closed)
- Back foot should come off ground slightly on follow-through

SKILLS FOCUS

Weight transfer Power position Stride

Long Toss Progression

8-10 min

EQUIPMENT

1 ball per pair, open field space (use outfield)

SETUP & EXECUTION

Start at 30 feet, make 5 good throws, then both partners take 5 steps back. Continue backing up until throws start sailing or bouncing. Hold at max comfortable distance for 5-6 throws, then work back in. End at 40-50 feet with "game speed" throws.

COACHING POINTS

- Arc is okay at distance - don't force line drives
- If accuracy drops, move back in - don't reinforce bad throws
- Keep throws on a "rope" when working back in
- This is arm strengthening AND mechanics work

PRO TIP

Use this as your standard warm-up progression. 9-10 year olds shouldn't max out beyond 90-100 feet. Quality over distance.

Target Throwing

5-6 min

EQUIPMENT

Bucket of balls, fence or net, strike zone target or taped box

SETUP & EXECUTION

Set up target on fence at chest height. Players line up 40 feet away. Each player gets 5 throws at target, aiming for center. Can make it competitive - keep score by team or individual. Rotate quickly to keep energy up.

COACHING POINTS

- Pick a small target - "aim small, miss small"
- Don't sacrifice mechanics for speed
- Step directly at target with front foot
- Watch for kids aiming with their arm instead of their body

SKILLS FOCUS

Accuracy Focus Competitive reps