

Fundamentals of Throwing and Catching

V3.0 February 2018



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Agenda

- Throwing
 - Body position
 - Grip
 - Jab Step
 - Arm Circle
 - Shoulder Rotation and Pointing
 - Step Through
 - Finish
 - Progression Drill
- Catching
 - The Foundation
 - Hand Positioning
 - Use Two Hands
 - Positioning Glove

Throwing

Body Position

- Typically start with body position square to target



Source: <https://www.youtube.com/watch?v=dpPh2D1T9iY>

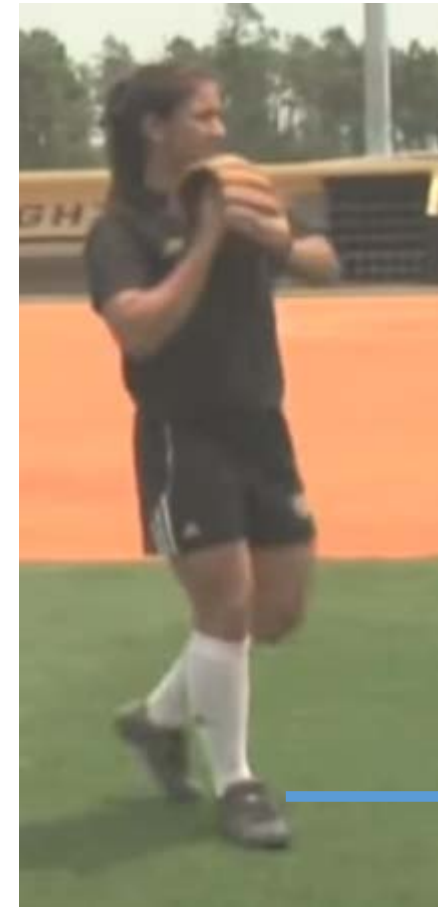
Grip

- Grip the ball across the large horseshow of the ball, i.e. along the “C” formed by the seams, using a 4 seam grip
 - Place index, middle and ring finger along the seam as shown in the photo below
 - Thumb below middle finger preferably on the bottom seam
 - Pinkie not on seam
 - Don't palm the ball
- This will give the ball proper rotation that leads to more velocity
- It also provides a consistent grip that will minimize the ball tailing away from target



Jab Step

- Then take a step in towards your target with the foot of your throwing arm, with the inside of the foot pointing to the target
- Angle should be 45 degrees
- Think of it as a “jab step”
- This begins the process of getting your hips and shoulder turned



Arm Circle

- As you take the jab step, take the throwing arm's thumb and move it in a circular motion
 - Beginners and outfielders should do a “thumb to thigh”
 - Advanced infielders should do more of a “thumb to chest” to shorten the motion
- The upper arm is now parallel to the ground at shoulder level (“elbow high”) in a “L”
- Ball is facing away from you, as if you were painting a wall behind you with the ball



Shoulder Rotation and Pointing

- As you are also bringing the ball back in a circular motion and forming a “L”, you are rotating your shoulders
- Point with either your glove or elbow to the target
 - Either one is fine
 - Note you now have both your throwing arm’s inner foot and your glove arm’s elbow (or glove) pointing to the target
- Your body is now perpendicular



Ball is pointing away from target
eliminates pushing the ball



“L”



Note parallelism of shoulders and elbow point



Step Through

- Now take a step forward with your glove side foot, thereby shifting the weight forward
- As the foot lands, it should be pointing in the same direction as your other foot
- This means your body is still now perpendicular to the target



Follow Through

- Immediately as your front foot lands, lead with your throwing elbow, i.e. as the weight goes forward the arm goes forward
- Feel the ball go off your fingertips in a spiral rotation
- Follow through (i.e. “Let it Fly”) with your throwing hand ending up near the opposite side hip
- You end your throwing motion with your eyes facing the target



Suggested Throwing Warm Ups

- See “Throwing Progressions Drill” (B1) in Infield Drills that can be used to emphasize proper throwing motion while also warming up the players



Catching

The Foundation

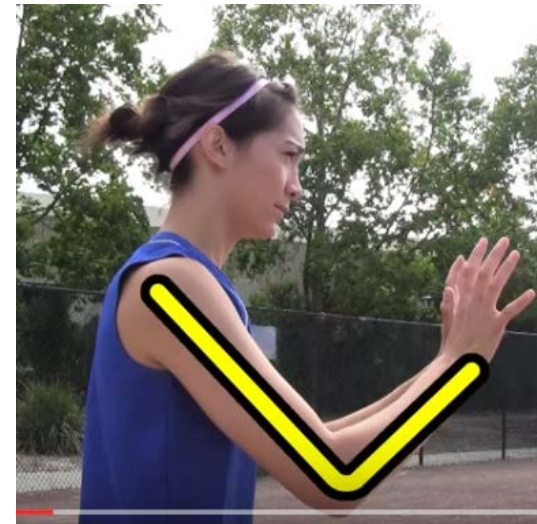
- Be in athletic position facing the thrower (i.e. stand square to thrower)
 - Hips, toes and shoulders pointing to target
 - Have knees slightly bent
- Thumbs on both hands pointing up as shown in photo
 - As if you were a cowboy with pistols



Sources: <https://www.youtube.com/watch?v=uOwC9wmhd0Y> and <https://www.youtube.com/watch?v=zKwgYM3Nzo8>

Hand Positioning

- You are the target, so place glove out front and show it open and make it as big as possible (i.e. fingers out wide)
- Your arms should be slightly extended at chest level with thumbs pointing up and elbows down
- Arms bent at 90 degree angle



Using Both Hands

- Throwing hand should be poised next to the glove so you can use it to help catch the ball (and also to more quickly get ball out of glove to throw)
- Keep eyes on ball as it comes in
- Secure with 2 hands



Positioning Glove

- Balls thrown to you are not always going to be on target, so use a drill such as the “Clock Drill” to help learn how to position your glove hand (See Drill B19 in Infield Drills)



12



9



3



6

Moving to the Ball

- If not thrown directly to you, learn to move to the ball and preferably catch the ball at chest height
- If you have to move to the ball to the left, step first with the left foot. If thrown to the right, step first with the right foot.
- See Outfield Drills like “Outfield Range Drill” and “Football Drill” to help players learn to move to the ball