

NW Softball Throwing Progression

- **Wrist Flicks** - Players stand about 5 or 6 feet apart and snap the wrist forward creating good spin with the ball and lead back and forth with the elbow
- **One Knee Throwing** - Players stand about 15 to 20 feet apart and throw the ball while kneeling on one knee. They should show it behind them and throw it to their partner leading with the elbow and tucking the glove hand. The follow through should be across their body, chest to knee, hand to toe.
- **Side Throws** - Players stand about 30 to 40 feet apart completely turned to their side, so their front hip points at their partner, players will throw to partner.
 - Catcher/Receiver - pivots
- **In-step** - Players stand 60 feet apart and point their ankle eye (45 degrees) toward partner, take step and throw.
 - Catcher/Receiver - pivots
- **Long Throws (outfield)** - Players should stand more than 60 feet apart and gaining air under their throws to length and stretch the arm.
- **Tags (infield)** - Players should stand 60 feet apart and tag the ground when the catch.
- **Catch and Kicks** - Players will move to the ball and get themselves in a position to easily catch the ball and kick their heels to get into a good throwing position. This should be done at short range with quick and accurate throws.
- **Flips** - Underhand, Backhand, Run-down flips

Ball Everyday

***Done in small groups with coaches

The first set of ball everyday are to be completed on the knees with gloves off. Throughout all of these, the chest should be down (almost parallel with the ground), and the glove hand should be out in front of the body with fingers down.

- **Straight-on** - Fingertips pointed at the ground, hand out in front of body, ball rolled straight-on, and the player pushes through and holds
- **Forehand** - Left knee in front of right knee, finger tips pointed at the ground, hand out in front of body, and player pushes through and holds
- **Backhand** - Left knee in front of right knee, finger tips pointed at the ground, hand out in front of the body, and player pushes through and holds

The second set of ball everyday are to be completed on the knees with gloves on.

*Outfielders add one more ball everyday to this set. One knee up and throwing arm knee on the ground, outfielders pump arms as if they are running, and scoop the ball.

The third set of ball everyday **for infielders** are to be completed standing in a line with gloves on. Throughout all of these, players are to focus on footwork and staying low (keeping glove low).

- **Straight-on** - Players step right foot first then left foot to meet the ball. When the player receives ball left foot should be slightly in front of the right. Then, player gets into transfer position while staying low and keeping hip closed.
- **Forehand** - Players should catch the ball off of the left foot, stay low, and keep get into a good transfer position with hip closed.
- **Backhand** - Players should catch ball with the left in front. As they push through, they should be coming forward (not off to the side), staying low, and having a soft glove.

The third set of ball everyday **for outfielders** are to be completed standing in a line with gloves on.

- Line-Drive to the Left
- Drop Step Left
- Drop Step Left Straight Back
- Drop Step Right Straight Back
- Drop Step Right
- Line-Drive to the Right