

Homework Number 2 – Throwing Form

1. Start with a **Four-Seam fastball grip**.



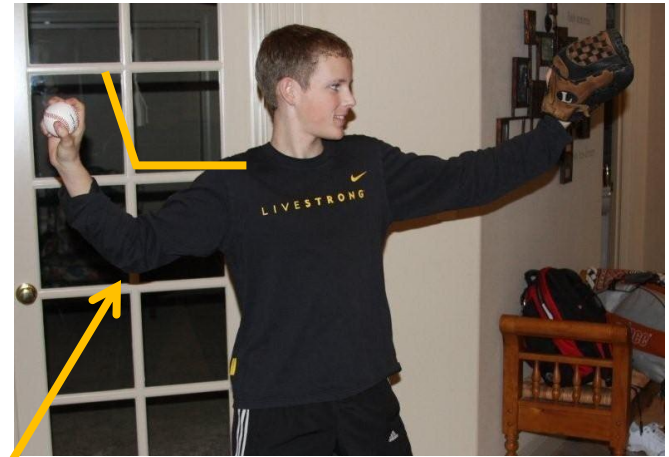
2. **Prayer Position:** Initiate the throw by bringing your glove and throwing hand to the chest, like a prayer position.



Point your glove-side shoulder and hip to the target.

Balance your weight on the balls of your feet.

3. **Strong** Position: Hand on top of the ball, glove side high. Shift your weight to the back side.



His throwing side elbow should be above his shoulder.

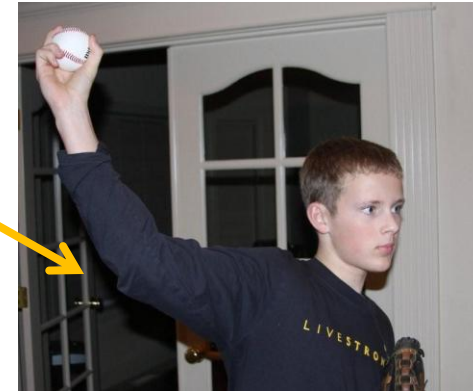
5. **Long** follow through. Shift weight towards your front foot as you release the ball.



Nose, Toes (Front foot) and Throws should all be pointed towards the target.

4. As you bring the ball forward, tuck your glove into your chest: Pinky to Chest.

Make sure elbow stays above shoulder.



Homework Assignment: Practice playing catch with a friend or family member for 10 minutes a day. Focus on Grip – Prayer – Strong – Long.