

STRAIGHT ARM DRILL

Drop to right knee. Throwing arm straight up so ball is above the head and arm is completely stiff. Slightly turn torso so left shoulder is pointed towards target. Twist torso as ball is thrown, but arm remains stiff (no bend in elbow) during the throw.



Coaching Point: Arm Position
Do not put the thumb in pocket or let arm drop

ELBOW DRILLS

These drills are performed during the spring and summer. No time during season for Hand or Wrist Drills.

ZERO POINT

Elbow is 45 degrees above the armpit and 45 degrees laterally outwards from pec muscle.



“Answer the phone with ball”;

The Elbow needs to be in front of the ball while throwing (“**LEAD WITH ELBOW**”). Elbow should not trail the chest. Do not come forward with the chest like a baseball pitcher. It also makes a semi-circular arc as it travels from behind the shoulder, over the shoulder, and in front of the chest. (“**ABOVE THE SHOULDER**”) The elbow travels in downward motion so that it would break a plane of glass that sat at shoulder height in front of the body. (“**BREAK THE GLASS**”)

ELBOW CIRCLES

Holding ball in throwing position behind right ear & elbow pointing backwards, 180 degrees from the target. Imagine that the elbow is pressed against a chalkboard behind the QB. The elbow turns circularly so that two circles are drawn on the chalkboard before beginning the forward motion and throw the ball to the partner.

