

Throwing Mechanics & Drills

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Activate to Celebrate: Preparation as the Ultimate Game Changer

Properly preparing the body to throw is crucial in preventing injuries and improving throwing mechanics. By enhancing stability, flexibility, and muscle endurance, an activation routine can support better performance and recovery, allowing athletes to throw more efficiently and safely.

- Every Day Band and Plyo Routine/ Hip Activation

R/L Internal/External Rotation	90 Degree Plyo Drops
I/Y/T Progression	Lawn Mower Starts
Goal Posts	Rotational Slams
Snow Angels	Single Leg RDL SLams

From the Ground Up: Lower Half Throwing Mechanics

Engaging the hips, legs, and core allows athletes to transfer energy from the ground up, resulting in stronger, more accurate throws while reducing strain on the arm and shoulder.

- 3 second lower to throw (adding a bucket tap)
- Double shuffle to throw
- Step back to throw

Path to Success: Scapular Load and Arm Path

Good sequencing and clean throwing patterns allow an athlete to throw harder and more accurately while helping to reduce the risk of injury.

- Bow and Arrow Progression
- Wall Taps
- Ball on shoulder to throw

Application: Putting Your Skills to the Test

- Testing Velocity: Backpedals to shuffles in a run and gun
- 4 Corner Drill
- Mini chute long toss
- Infield and Outfield Rocker Starts