

## Equipment Needed:

- Gloves
- Balls



# THROWING



## ROCKER THROWS

### Setup:

- Players partner up and stand about 10-15 feet apart from each other
- One partner starts with ball. Thrower will start with their feet spread a little wider than shoulder length apart, knees bent, and with their glove side shoulder and leg pointing towards their partner



### Instructions:

- Thrower will start with their weight centered. They'll then rock their weight onto their back leg, and then drive their body (and arm) through their target
- Players should perform this movement at their own pace and work to be athletic in their movements. The goal is to deliver a crisply thrown ball to their partner's chest/glove
- Throw for 10 minutes before increasing distance

## FENWAY FUNDAMENTALS

Our lower body is one of the most important pieces when it comes to making a strong and accurate throw. It provides stability, power, and helps make sure we aren't tasking our arm to do all of the work. This drill is a great way to help your athlete's understand how to use their body (not just their arm) to make strong throws.



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