




Activity Plan for Baseball – Throw & Pitching

Week 1			
Activity	How many or how long	How many days	Instructions
Baseball Throws 	10 mins/day	3 days/wk	Practice throwing a softball (or a bouncy ball the same size) overhand to a partner or at a target. Hold the ball with a proper baseball grip – your index and middle fingers should be on top of the ball forming a “V” and your thumb, ring and pinky are wrapped along the sides.

Week 2			
Activity	How many or how long	How many days	Instructions
Overhand throw 	10 mins/day	3 days/wk	Practice throwing overhand. Use a baseball or tennis ball so that it is easy to hold in one hand. If you can throw the ball to a partner (parent, or friend) that’s great, otherwise pick a spot on a wall or in the park as your target. Try to be at least 5 meters away from your partner or the target. Make sure that you start from a baseball pitcher’s stance, with one foot in front of the other and your shoulders sideways to the person or target. See how the pitcher in the picture starts with his body sideways.

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Week 3			
Activity	How many or how long	How many days	Instructions
Overhand throw and catch	10 mins/day	3 days/wk	<p>Practice twisting your body when you throw. Throw a baseball or tennis ball (that is easy to hold) to a partner. Make sure that you start from a baseball pitcher's stance, with your shoulders sideways to the person or target. See how the pitcher in the picture starts with his body sideways and then gradually turns around as he throws so that he ends up with his body facing the target. See if you can twist your body the same way when you throw. When your partner catches the ball they can throw it back to you. Remember to pull the ball into your body when you catch it.</p> 

Week 4			
Activity	How many or how long	How many days	Instructions
Windup for Pitching Throw	10 mins	3 days/wk	<p>Practice your windup motion for pitching. Start your windup with the ball in front of you. As you turn your body sideways (to get to the pitcher's stance you practiced in Week 2), bring your hand down first and then back up to your starting position for the throw. Starting your windup with a downward and backward movement of your hand gets the ball moving so that you can add that speed to the ball. With a good windup, the ball will go farther and faster. If it is too easy ask your catcher to back up a couple feet.</p> 