

Checklists, Throwing Checklist

1. Man on First
 - a. Catcher is going to be firing out to second baseman and twisting to second or first
 - b. Shortstop is going to be moving to second base as catcher fires out
 - c. Second baseman may receive a throw right where he is,
 - d. No need second baseman to back up like in baseball, center fielder is there
2. Man on Second or First and Second
 - a. Catcher is going to be firing out to shortstop and twisting to third or second
3. Men on First and Third
 - a. Third baseman is back holding runner close to third
 - b. Pitcher is covering bunts first baseman can't get to
 - c. Catcher fires out to shortstop
 - d. Catcher twists his throw to third or second
 - e. Throw to the chest at second or even to shortstop looking for offensive mistake
4. Throwing Around the Horn
 - a. Overhand and Underhand
 - i. Throws to chest spinning down and to the base spinning up
 - ii. Underhand is same footwork but upside down
 - iii. Overhand you want to spin the ball so the misses hit center
 1. Avoiding spikes and sails
 - iv. Underhand we may want misses to center or not
 1. Sometimes using spikes and sails
 2. Sometimes wanting misses over the plate
 3. Miss pattern mostly in direction of spin
 - b. Catching the ball
 - i. Catch with thumb if possible
 - ii. Do not stop the ball (think stopping a stampede by turning the ball)
 - iii. Turn the ball to set up throw
 - c. Clockwise
 - i. Like catcher throwing to third
 - ii. Twisting left like tennis two handed forehand
 - iii. Hip ankle generated reach up to whip down for relaxed (elbow) release
 - iv. But the whip does not start till you push off the back foot
 - d. Counter-Clockwise
 - i. Like catcher throwing to second
 - ii. Twisting right like tennis two handed backhand
 - iii. Hip ankle generated reach back whip forward for relaxed (elbow) release
But the whip does not start till you push off the back foot