



# BASEBALL CAMP (AGES 6-11)

## ACTIVITY REFERENCE GUIDE



### True Spin

Purpose: Throwing

Equipment: Baseballs, Gloves

Set Up: Have kids partner up and stand about 5' from their partner facing one another. Make sure they are spread out. If the kids can't do this on their own, use colored disks to show them where to stand.

Execution:

- All players kneel on their off (non-throwing side) knee, facing their partner
- Throwers use their glove to hold their elbow still, directly in front of their shoulder
- Players do correct throwing grip and flick the ball to their partner using only their wrist and fingers.
- Partner repeats this sequence
- Continue tossing back and forth while coach observes and corrects 1-on-1



Comments:

- Most players at this level will not be able to get a secure grip on the ball with two fingers.
- They should place three fingers across the seam, with the little finger on the side.


Focus Points: Basic Throwing Grip – Card 67

THROWING MECHANICS

### BASIC THROWING GRIP

Get a good grip on the ball before you throw it: **1** Put your first two fingertips on a seam, about an inch apart. **2** Hold your thumb under the ball. This balances the pressure of your fingers and keeps the ball out of your palm.

The best place on the seams to put your fingertips is along the side of the "U" or "horseshoe." This is called a 4-seam grip because the seams cut through the air four times for every revolution of the ball. This action makes the ball travel faster and straighter.



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CARD 67