

BASEBALL CAMP (AGES 6-11) ACTIVITY REFENCE GUIDE



True Spin

Purpose: Throwing

Equipment: Baseballs, Gloves

<u>Set Up:</u> 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.

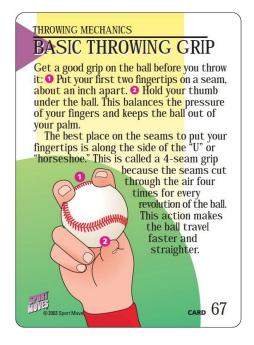
Execution:

- 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





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